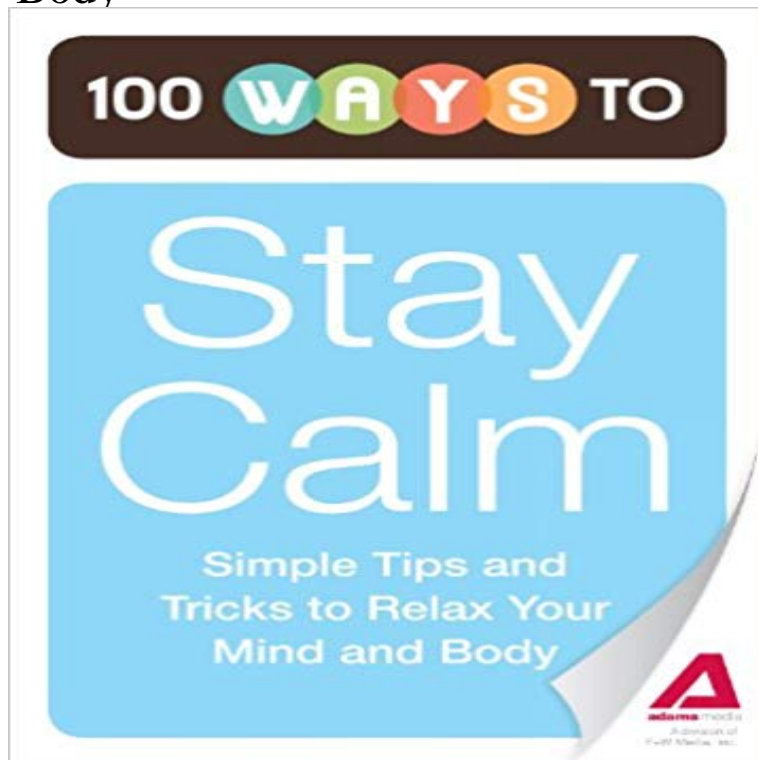


# 100 Ways to Stay Calm: Simple Tips and Tricks to Relax Your Mind and Body



Becoming more relaxed is easier than you think. Here at your fingertips are dozens of different ideas on how to unwind and reduce stress. With 100 Ways to Stay Calm as your guide, things are going to get a little more peaceful, a little more relaxing, and a whole lot less hectic. From setting lavender out in your home to practicing mantra meditation, these hundred simple tips will help you take the stress out of your day. Becoming more relaxed is easier than you think. Here at your fingertips are dozens of different ideas on how to unwind and reduce stress. With 100 Ways to Stay Calm as your guide, things are going to get a little more peaceful, a little more relaxing, and a whole lot less hectic. From setting lavender out in your home to practicing mantra meditation, these hundred simple tips will help you take the stress out of your day.

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