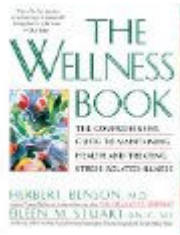


Ideas for Managing Stress

The Wellness Book: Herbert Benson

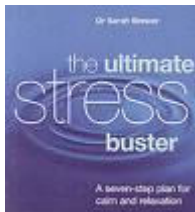


Herbert Benson is regarded as the 'father' of the Relaxation Response due to his pioneering work in this field.

Note from Pat: This happens to be my favourite of all the books available on Managing Stress and promoting Wellbeing. It is a most readable book, packed full of really useful information and examples.

The Ultimate Stress Buster:

Dr Sarah Brewer

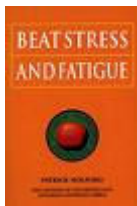


Sarah Brewer is a GP and much respected medical journalist who was voted Health Journalist of the Year 2002. This self-help book is really very practical

with much useful advice to ease you through the day. By answering the questionnaire, you can find out the level of stress that you are living under and then take action to remedy it. By following Dr. Brewer's seven-step plan, recognise the signs and identify the causes of stress. By changing various aspects of your life, which includes diet, you can induce a feeling of well-being. The importance of exercise must never be overlooked, nor must the art of relaxation. **Note from Pat:** This is an excellent book, packed with clear explanation of how and why stress affects our lives, together with practical activities to try in order to manage stress.

Beat Stress and Fatigue:

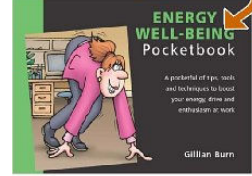
Patrick Holford



Note from Pat: I like Patrick Holford's books. Patrick is into nutritional medicine and provides value information on his website at www.patrickholford.com.

In 'Beat Stress and Fatigue', he looks at the simple but often effective things that we can do to restore lost energy. I found this to be both interesting and informative.

Energy and Well-Being Pocketbook: Gillian Burn



With a background in the health sector and a Masters degree in exercise and health services, author Gillian Burn begins her keep-fit class by demonstrating how to

carryout an energy and well-being audit which will help readers to establish their personal well-being goals. What we eat and the space in which we work are key to boosting energy levels. The author describes how food can stimulate the brain and relieve stress, and how plants, colour, sound, lighting and other factors can contribute to the creation of an energy-boosting work environment.

Note from Pat: I really liked this little book which is small enough to pop in a pocket and read whenever you have a few moments to spare.

Teach Yourself Relaxation:

Richard Craze



Note from Pat: A useful book to prompt thinking about the benefits of relaxation and how to start using a variety of methods, very often it is not knowing what to do and how that prevents us making progress towards a more peaceful life.

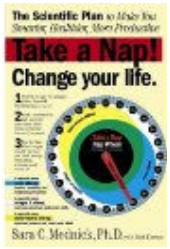
Relaxation: Exercises and Inspirations for Well-being: Dr Sarah Brewer

A step-by-step guide to relaxation in the modern world. Try out some practical relaxation techniques in a programme specially devised by Health Journalist of the Year, Dr Sarah Brewer.



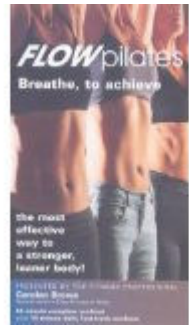
Note from Pat: One of my favourites due to the wealth of ideas for taking a few minutes to relax. Relaxation is so important to us and this small but very special book enables us to use simple ideas to help get the best out of even just a few moments of relaxation.

Take a Nap": Sara C Mednick PhD



A most interesting book in which Mednick explains how sleep patterns have changed over the ages. It is well known that most of the western world is sleep deprived and that this can lead to loss of productivity as well as illness. Mednick's book explains how to nap your way to over 20 benefits to be derived from regular and restorative sleep. A nap of just 10 - 20 minutes taken during the day can restore vitality; when you take your nap determines its outcome. Taken early in the day a nap will inspire creativity, midway through the day will increase alertness and motor skills and early evening snoozes improve memory and clears the mind.

Flow Pilates: Carolan Brown



A series of exercises which use breathing as the key to developing muscle strength. Seven easy to follow sections: 'Warm Up', 'Back Mobility', 'Back Strengthening', 'Seated Abdominal Strength', 'Pelvic Stability', 'Deep Abdominal Tone' and 'Stretch And Cool Down'

Note from Pat: I bought the video version in 2003 and used it to supplement my Pilates sessions. It was a bit hard to keep up at first but after a short while I managed to learn the different movements and it was certainly an excellent way of getting very fit. I have just replaced my aging copy with the DVD version.

Pilates Body Control: Lynne Robinson



Pilates will help lengthen, strengthen, tone & condition your body. Pilates uses subtle, slow controlled movement yet achieves dynamic results. From back pain and poor posture to targeting the areas that most people are concerned

about - stomach, buttocks, thighs and arms - Pilates will enable you to achieve your desired goal.

Note from Pat: Lynne Robinson is one of the best known teachers of Pilates and producers of DVDs on the subject in the UK. This is an excellent way to start learning Pilates if you are unable to attend an exercise class.

Focus and Insight CDs

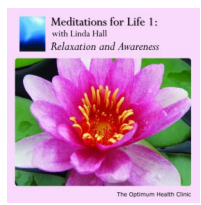


The audio technology, embedded on the Focus CDs beneath the sounds of rain, uses binaural audio to guide your mind into a highly focused and attentive mental state that is extremely conducive to higher-level thinking. Using the CDs in the Focus 2-Disc Set, you can easily and effortlessly attain:

- Improved levels of focus, clarity and concentration
- Increased focus and attention while reading or working
- Greater thinking speed and performance
- Developed problem-solving and brainstorming skills
- Better retention of information while studying
- Enhanced memory and experience higher thinking Dramatically enhanced creativity
- A zone while exercising
- Improved concentration and attention in adults and children with ADD or ADHD

Note from Pat: I first heard about these two CDs in Dr Joseph Mercola's weekly newsletter. Dr Mercola is an American doctor who is dedicated to helping people to lead balanced and healthy lives. I purchased a copy and have found it invaluable when I need to concentrate on a report or project and there is a lot of background noise. Listening to the CDs sounds like listening to gentle rain falling on trees, but after only a short time I find I am able to ignore the world around me and focus my attention solely on what I want to achieve.

Meditations for Life CD: Linda Hall



There are literally hundreds of meditation tapes and CDs on the market aimed at helping us relax. This is just one that I have found particularly helpful on a personal basis and would highly recommend. Linda has fifteen years experience in the integrative health care field as a body-worker, healer and meditation trainer. Enjoy over an hour of relaxing meditations connecting you to the natural resources around you and within you. Linda's soothing voice, supported by gentle background music, guides you to deep levels of grounding, tranquility and inner peace.