



The Way of the Hammock Designing Calm for a Busy Life

By Marga Odahowski

Hay House, Inc. Paperback. Book Condition: New. Paperback. 777 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. The Way of the Hammock provides a busy person with practical ways to cultivate calm and enhance creativity. Marga Odahowski shares simple techniques and powerful stories that emphasize the value of relaxation, mindfulness, and positivity in strengthening decision making and achieving greater peace and well-being. Marga also draws on a designers method of visualization and reiteration to help you maintain beauty and ease throughout the change process. Designers know that a playful attitude and joyful mind-set are essential to insight and innovation . . . and why should they have all the fun! This book will become your own well-worn tool for transformation from crazy busy to calm and creative. Youll learn to: Implement simple, straightforward techniques for overcoming challenges in your life and making each day feel relaxed, positive, and fulfilled. Make confident decisions with one easy practice. Use a design tool customized to enhance your creativity and provide relief from tension, stress, and anxiety. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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