



How to Fly with Less Stress: Stretches, Relaxation Techniques, Affirmations, Prayers and Meditations (Paperback)

By Rev Cindy Paulos

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How to Fly with Less Stress is the second book in the Travel Angel series by the Rev. Cindy Paulos. Rev. Cindy Paulos has 40 years of experience in stress reduction techniques. This book gives you a COMPLETE holistic guide of easy tips and exercises that cover all aspects of Air Travel. From going through TSA, and how to relax on board. This is a book you will take on every trip. Also helps reduce fear of Flying She has 4 other books on meditation techniques and 5 cd out. has info on all the shows, blog and app available.ng -How to deal with TSA and time in waiting room -Over 50 Yoga and Reiki exercises to do on the plane -Calming Meditations -Positive Affirmations for travel -Prayers designed for travel and protection -Great travel quotes - Ways to practice kindness and consideration when traveling.



READ ONLINE
[4.21 MB]

Reviews

Certainly, this is actually the best job by any article writer. It can be loaded with knowledge and wisdom I realized this pdf from my i and dad advised this book to discover.

-- **Ms. Verlie Goyette**

The publication is simple in go through preferable to fully grasp. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mrs. Josiane Collins**