



101 Ways to Live Well

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Feel like life's too busy to find your zen? Think again. Be a calmer, more productive, healthier you, without sacrificing precious hours. Discover the secret wellness hacks you can incorporate into your routine - whether it's a 5-minute focus exercise on your commute, 10 minutes' meditation at lunchtime, or balanced nutrition ideas for your next trip abroad.

The mindfulness, meditation, nutrition, yoga and stretching ideas in *101 Ways to Live Well* all focus on providing easy, quick, tangible solutions to the stresses and strains of everyday life. That means ditching the generic, one-size-fits-all approach and embracing the targeted, let's-get-this-sorted attitude, with tips from experts in their fields including:

- Mindfulness exercises to help you sleep
- A mid-morning snack that will crush your cravings
- Yoga twists that will stimulate your digestion
- Why and how to reconnect with friends you've lost touch with

This holistic approach promises to help you create space in your life, declutter your brain and become unflappable in the face of whatever life throws your way. And with gorgeous original illustrations, this is a beautiful compact package - the perfect gift book for the busy person in your life.

Chapters cover all aspects of modern life:

- Home
- Work
- Play
- Relationships
- Travel

These bite-sized wellness tips are designed to inject a little daily zen into an on-the-go lifestyle and help readers to live life to the full - whether they're on the road or at home.

About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, gift and lifestyle books and stationery, as well as an award-winning website, magazines, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in.

TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, and 2015 winner in Favorite Travel Guide category

'Lonely Planet guides are, quite simply, like no other.' - *New York Times*

'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - *Fairfax Media (Australia)*

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Guadalupe Winn:

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Brittany Belliveau:

In this 21st hundred years, people become competitive in most way. By being competitive today, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice through surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yeah, by reading a publication your ability to survive enhance then having chance to remain than other is high. For yourself who want to start reading any book, we give you this particular 101 Ways to Live Well book as beginning and daily reading reserve. Why, because this book is more than just a book.

Irving Carlin:

Is it a person who having spare time and then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This 101 Ways to Live Well can be the answer, oh how comes? It's a book you know. You are therefore out of date, spending your free time by reading in this completely new era is common not a nerd activity. So what these books have than the others?

Clifford McDaniel:

As a university student exactly feel bored to be able to reading. If their teacher questioned them to go to the library in order to make summary for some guide, they are complained. Just minor students that has reading's spirit or real their passion. They just do what the educator want, like asked to the library. They go to at this time there but nothing reading significantly. Any students feel that reading through is not important, boring as well as can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this 101 Ways to Live Well can make you experience more interested to read.

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