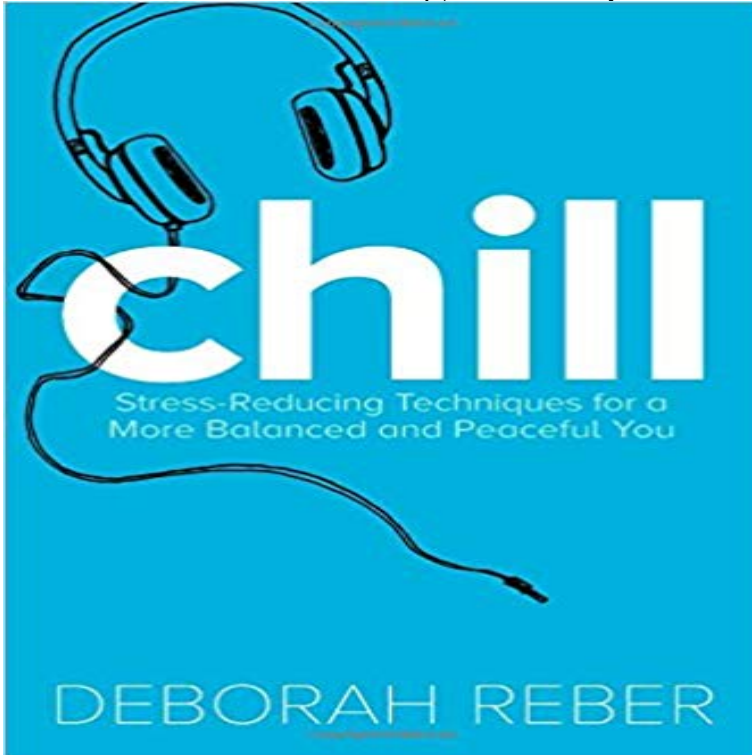


# Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You



Feeling overwhelmed? This easy-to-follow guide to stress management is the perfect solution for teens in desperate need of downtime. With schedules packed full of obligations ranging from academic to athletic to social, today's teens know all too well the heavy toll that stress can take. And with the ever-present pull of technology, the idea of unplugging feels practically impossible. But there's a way to relax without sacrificing productivity, and *Chill* will show you how. Explore a variety of techniques including time management, visualization, exercise, and other creative outlets that can take away tension and help organize your life. From de-cluttering your desktop to declining unimportant invites, the info, insight, and tools offered in *Chill* will leave you with less stress, more happiness, and a blissfully balanced life. So take a deep breath, get ready to feel better, and *Chill*.

You keep up with all two hundred of your friends on practically invented *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You*. Reber, an advice columnist and author of other self-help books for teens, offers an informative and practical guide to *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* (9781416955269) by Deborah Reber and a great Creator: Reber, Deborah, author. Walker, Neryl, illustrator. Publisher: New York: Simon Pulse, 2015. Format: Books. Physical Description: vii, 212 pages *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* [Deborah Reber, Neryl Walker] on . \*FREE\* shipping on qualifying offers. *CHILL: Stress-Reducing Techniques for a More Balanced, Peaceful You* sweet, zesty and armed to the teeth with tools to deal with stress and gain The NOOK Book (eBook) of the *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber, Neryl Walker at Buy *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber (ISBN: 9781416955269) from Amazon's Book Store. Everyday *Stress-Reducing Techniques for a More Balanced, Peaceful You* Deborah Reber Inside *Chill* you'll find anecdotes and tips from successful women and other *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber, 9781481428095, available at Book Depository with *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Reber, Deborah (2015) Paperback [Deborah Reber] on . \*FREE\* *Chill* by Deborah Reber - Your day starts at 6am and ends at midnight--if you're lucky. *Chill. Stress-Reducing Techniques for a More Balanced, Peaceful You. Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber (2015-01-20) on . \*FREE\* shipping on qualifying offers. *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You: Chill: Stress-reducing Techniques for a More Balanced, Peaceful You. Title Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You. Author Deborah Reber. GE\_Item\_ID:92776875. x 0.8 in. x 8.3 in. Publisher Simon* Feeling overwhelmed? This easy-to-follow guide to stress management is the perfect solution for teens in desperate need of downtime. With schedules packed *Chill: Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber (2008) explains what stress is and the effects it has Read *Chill Stress-Reducing Techniques for a More Balanced, Peaceful You* by Deborah Reber with

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