



## The Serenity to Go: How to Listen to Your Body and Overcome Bingeing, Overeating, and Obsession with Food

By Mina Hamilton

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 150 pages. Dimensions: 7.3in. x 5.2in. x 0.4in. Serenity to Go is a refreshing antidote for overbooked lives that can help you transform the frustrations of your busy day into calming mini-breaks. Yoga instructor and long-time busy New Yorker Mina Hamilton presents a set of techniques that take from two to five minutes and can fit into any jam-packed schedule. Designed to span a range of activities throughout the day, each of her easy-to-learn exercises is keyed to a specific locale: a traffic jam, an elevator ride, a bank line, a commuter train, and many more. Learn how to breathe more effectively, stretch in safe and inconspicuous ways, develop calming attitudes that increase compassion and gratitude, and enjoy light-hearted diversions for waiting out a don't-walk sign or taking a stroll to the water cooler. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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