



# Everyday Calm: Relaxing Rituals for Busy People

*Darrin Zeer*

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## Everyday Calm: Relaxing Rituals for Busy People Darrin Zeer

A quarter of a million readers have relaxed in the workplace thanks to Darrin Zeer's *Office Yoga* and *Office Spa*. Now *Everyday Calm* offers over 50 fun and simple ideas for daily stress relief no matter where you are. Start the morning with a Yoga Yawn to wake up your face and feel energized. Rely on the contents of a Spa on the Go bag to turn waiting in line into a pampering escape. And make ReinCARnation work for you when you can't find your car in a crowded parking lot. Using his expert knowledge of yoga, meditation, aromatherapy, massage, and feng shui, Zeer creates effective stress-busters that are easy to do on the way home from work, at the supermarket, and even at the movies. Packed with Cindy Luu's charming illustrations, *Everyday Calm* delivers anytime-anywhere stress relief.

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