



Stop. Breathe. Chill.: Meditations for a Less Stressful, More Awesome Life

Beth Stebner

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How're You Feeling Today?

Stressed?

Worried?

Anxious?

Stop. Breathe. Chill. These mindfulness exercises will teach you how to focus on the present and stop freaking out about the future. Each entry tackles the sort of stuff life throws at you every day. Whether it's a situation with friends, issues with family, or the pressures of school, you'll learn how to live in the moment and stop stressing out.

It's going to be okay. Armed with these meditation skills and mantras, worrying will be a thing of the past. Now take a breath, relax, and start feeling better about today!

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