



Mudra Pocket Cards: Stress Reduction at Your Fingertips

Emily Fuller Williams

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These carefully illustrated cards show how mudras can be learned in just a minute and can help to relieve tension almost immediately. Each card uses step-by-step instructions to demonstrate how to use the hands, fingers, and sometimes the entire body to form these ancient stress-relieving gestures. Mudras can be used by a large cross-section of people, from those who need to relieve the strain caused by emotionally demanding work to children as young as preschool, and they are perfectly utilized in the immediate stress-causing moment. Each of the 48 cards also contains additional information on other stress-management strategies to be used in conjunction with the mudras, making it all encompassing.

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