

## The Business of Learning to Relax

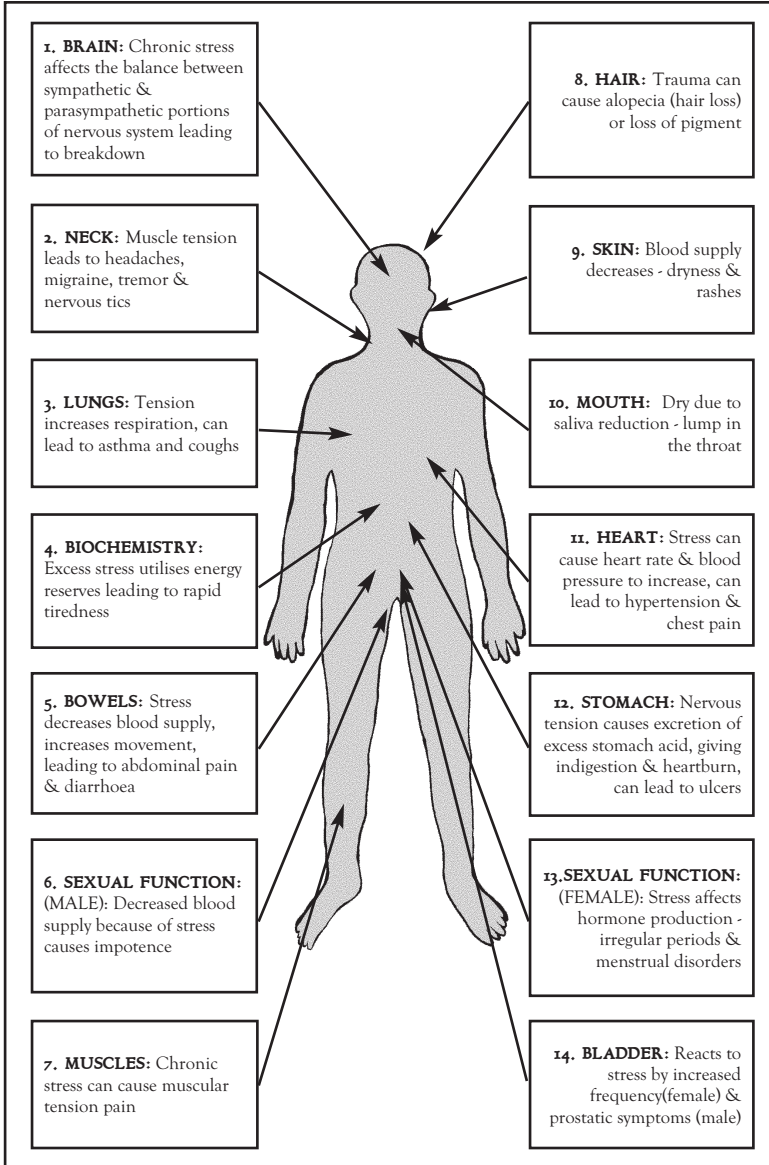


Fig. 1. - STRESS POINTS IN THE BODY