



# **The 60 Seconds Fix: The Brain Changing Toolkit That Stops Unwanted Habits and Starts Surprising Joy**

*Regalena Melrose*

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RELIEVE STRESS IN 60 SECONDS OR LESS! The 60 Seconds Fix is the timely response to our collective calling for quicker, easier solutions to our stressful lives. Keeping up with our fast-paced, technologically driven world has stressed us beyond tolerance and we're tired of not feeling good! In an easy, fun, and experiential format, The 60 Seconds Fix empowers us all: · To notice quickly when we are in or out of The Zone: the feeling good place of optimum arousal that makes peak performance possible · To savor more abundantly the times when we are in The Zone performing our best · To know exactly how to get back in The Zone fast to feel good and perform well no matter what our endeavor Within the pages of this book, Dr. Regalena "Reggie" Melrose keeps us laughing about the way we are currently juggling it all while giving us a solid, practical toolkit that will have us feeling less stressed and more playful, less worried and more joyful. Everyone around us will thank us for reading this book!

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