

the new way to a better life

Holiday Hazards and Solutions

# wellness®

magazine

Wellness magazine (06) • The new way to a better life

## The breath

a powerful anti-stress medicine  
Breathing Lessons Anyone Can Learn!

## Facial Fitness

Can we all be beautiful?

The truth about

## Happiness

## Controlled pleasures

- Can you drink without gaining weight?
- Hangover cures that work
- Five things to do about addiction

ANATOMY OF COMEDY  
Keep your mind in shape

**Special: One Point of View**

# maintaining optimism in the modern world

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