

Feeling stressed, overwhelmed or in need
of a pause?

We all know we should slow down and make
time for ourselves. But how do we find the
time and what might actually help?

From Stress to Serenity explores Reiki as a
complementary approach to wellbeing,
while also offering a warm, grounded look at
stress, rest, self-care and the different ways
we can support ourselves when life feels too
much.

Could Reiki offer another way to
promote your wellbeing?

FROM STRESS TO SERENITY

CHERRY COBB

FROM STRESS TO SERENITY

Exploring Reiki For
Everyday Wellbeing

Cherry Cobb