



# The Way of the Hammock: Designing Calm for a Busy Life

*Marga Odahowski*

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## The Way of the Hammock: Designing Calm for a Busy Life Marga Odahowski

*The Way of the Hammock* provides a busy person with practical ways to cultivate calm and enhance creativity. **Marga Odahowski** shares simple techniques and powerful stories that emphasize the value of relaxation, mindfulness, and positivity in strengthening decision making and achieving greater peace and well-being.

Marga also draws on a designer's method of visualization and reiteration to help you maintain beauty and ease throughout the change process. Designers know that a playful attitude and joyful mind-set are essential to insight and innovation . . . and why should they have all the fun! This book will become your own well-worn tool for transformation from "crazy busy" to calm and creative. You'll learn to:

- Implement simple, straightforward techniques for overcoming challenges in your life and making each day feel relaxed, positive, and fulfilled.
- Make confident decisions with one easy practice.
- Use a design tool customized to enhance your creativity and provide relief from tension, stress, and anxiety.

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