

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

By Marga Odahowski





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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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### **Editorial Review**

#### About the Author

Marga Odahowski is an inspirational speaker, teacher, mentor, and corporate consultant. An entrepreneur in education and business leadership, she is skilled in integrating information from various fields, bringing mind-body research to life in the classroom. As a consultant she developed the Mindful Executive program for the MBA for Executives at the Darden School of Business, and has also taught mindfulness-based courses at the University of Virginia for more than 20 years. Marga lives in Charlottesville, Virginia, and teaches around the world.

Website: [www.marga.com](http://www.marga.com)

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