

The book cover features a stylized illustration of a green landscape with a blue sky. In the foreground, a woman with long brown hair, wearing a light purple long-sleeved shirt and blue pants, is sitting in a meditative lotus position on the grass. To her left is a large, dark brown tree with a full, rounded green canopy. In the background, there are two smaller trees of similar style. To the right of the smaller trees, a man in a brown jacket and dark pants is standing and looking towards the right. The title '1,001 WAYS TO Relax' is centered in the middle of the cover. '1,001' is in a large, dark red serif font. 'WAYS TO' is in a smaller, black, all-caps sans-serif font. 'Relax' is in a large, dark red, cursive script font. Below the title, the subtitle 'an illustrated guide to reducing stress' is written in a smaller, black, all-caps sans-serif font. At the bottom right, the author's name 'BY MIKE GEORGE' is written in a black, all-caps sans-serif font.

1,001
WAYS TO *Relax*

an illustrated guide to reducing stress

BY MIKE GEORGE

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