

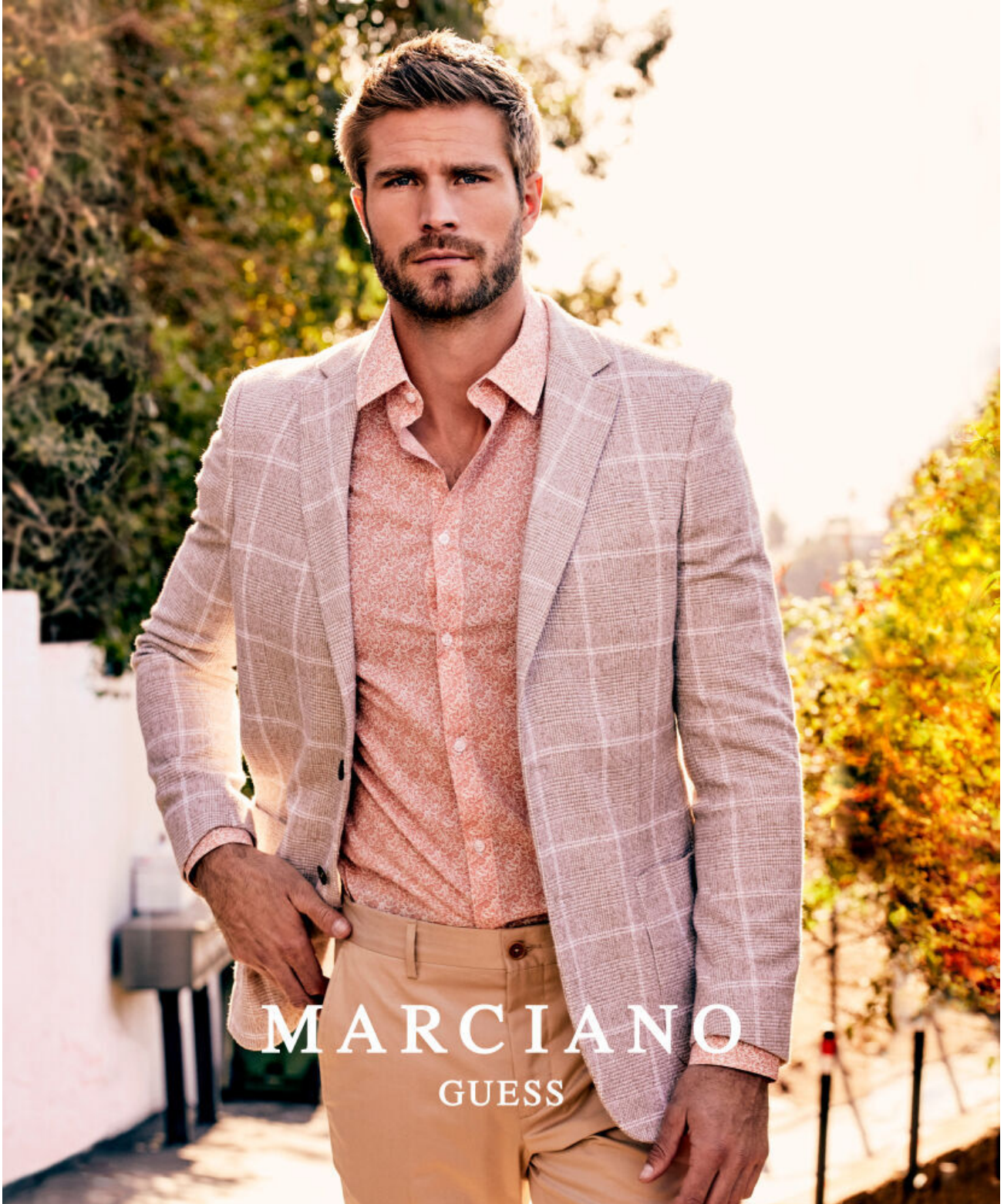
DAVID FISHER

height 6'2" · bust 40" · waist 32" · hips 38.5" · suit 52
shoes size 45 EU/13.5 US/9.5 UK · hair blonde · eyes blue



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Working out doesn't bust stress like before.

Mix it up with tai chi. Here's why: This martial art's slow, deliberate movements can bestow a monklike zen, say researchers in Switzerland. In the study, beginners who attended two hour-long tai chi sessions a week for 12 weeks were calmer and 41 percent less stressed after a mock job interview than those who did not take the class. Nunchuks optional.

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THERE'S NO WI-FI IN PARADISE



Time alone
might be
the key to
busting stress
and keeping
your mind
healthy. Shhh!
This is the
new science
of solitude.
By Clint Carter

2015 DECEMBER MEN'S HEALTH



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✂ EDITED BY CLINT CARTER
📷 GREGG SEGAL

Into each life
chaos comes:
missed deadlines,
loaded diapers,
skipped workouts,
blown chances.
Use our simple
strategies to chill
without a pill.

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