Greetings,

Summer’s here! And although more daylight hours and warmer weather can make us feel like we’re supposed to cram in more activity, summer can also be a great time to kick back and really relax. Let us tell you how.

In Shortcut to Serenity we hear from a writer who unplugged from her technology for four days at a Soul Camp retreat in Pennsylvania, where she renewed her energy and found wonderful sources of support and inspiration. And so can you.

Can’t get away? Here’s a retreat you can enjoy every day. In How Meditation Can Improve Your Workout, you’ll learn active meditation techniques that you can use while swimming, walking, even jumping rope.

And how about a summer massage...for your health? Recent research is revealing that in addition to soothing sore muscles, massages can also lower your blood pressure and boost your immune function. Read There’s the Rub to learn what type of massage is right for your needs.

Of course we can’t let you go without a summer recipe. Our crowd-pleasing BBQ Skewers: 3 Ways gives you light and tasty alternatives to burgers and hot dogs, and cook up in just minutes on a hot grill.

Enjoy your summer.