



NO PLACE LIKE "OM" →

You've just spent the past hour racing to make your flight, and now you've got to finish that sales presentation before the wheels touch down. You need the **emWave Personal Stress Reliever** (\$199).



Place your thumb on the emWave's pulse sensor, breathe deeply in rhythm to the rising and falling blue light on its Heart Action Strip, and think positive thoughts. (You can also clip a sensor to your earlobe if your hands aren't free.) As the Coherence Level Indicator light changes from red to blue to green, your stress level decreases.

The emWave measures the spaces between heartbeats; the more erratic the intervals, the more stressed out you're likely to be. Deep breathing helps you regulate the intervals and find your calm center. It may sound a little trippy, but the thing actually works, if for no other reason than you've just spent five minutes breathing instead of doing what was stressing you out in the first place. Meditate on this and more at emwave.com.