

Kelly Armatage - Bahrain based Therapist talks about her ground-breaking self help invention.

A.S.K. A Serenity Kit

'A sound mind in a sound body' is the English translation of a famous quotation by the pre-Socratic Greek philosopher, Thales, demonstrating the close links between physical exercise, mental equilibrium and the ability to enjoy life. Though stress and negative habits are a global issue, more and more people around the world are working on themselves to improve their emotional and psychological wellbeing.



