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Stress Free Living: A Guide on Stress and Anxiety Relief. Including 10 Tips to Reduce Stress

By J a Sutton

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress Free Living. A Guide on Stress and Anxiety Relief. Including 10 Tips to Reduce Stress Don t Let Stress Get In the Way of Your Life In these modern times we are constantly bombarded with too much information. Life can sometimes feel like its going out of control. With 24 hour connectivity we find it increasingly difficult to switch off from work, the news, and other demands placed upon us by the 21st century. Have you ever noticed how stressed we feel before we have even got to work? Act Now and Reduce Stress Forever The aim of this book is to show you an effective and easy way to combat daily stress. Effective stress relief can make our lives and overall health, both physically and mentally, an easier and more pleasant experience. Stress Management has become big business in today s fraught world, however with some small and easy adjustments we can all make life that little bit easier to cope with without reaching for the hard stuff! This book contains small steps on your journey...



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