



## The Smart Easy Guide To Reducing Managing Stress The Ultimate Worry, Anxiety And Stress Management Techniques And Treatments To Take You From Coping To Living

By Susan Jackson

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 44 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. For millions of people around the world, coping with worry, stress management and anxiety treatment are very real and very big issues in their lives. Stress is the cause of a variety of ailments, from true physical problems like increased immune deficiency, heart problems, high blood pressure, weight problems and more. What's more, the psychological issues that excessive stress cause are responsible for millions of filled prescriptions, drug and alcohol dependencies and broken relationships year after year. The excellent guide, *The Smart and Easy Guide To Reducing and Managing Stress: The Ultimate Worry, Anxiety And Stress Management Techniques And Treatments To Take You From Coping To Living*, provides real world, easy-to-follow advice on how to identify and manage stress. Jackson makes great arguments for the huge problem coping with worry, stress management and anxiety treatment poses to our society, including: Poor health problems Negative interpersonal relations Drug and alcohol dependency Difficulties with managing job responsibilities Financial issues Suicide He notes that much of the stress we face is self-induced, meaning that we put that stress and pressure on...



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