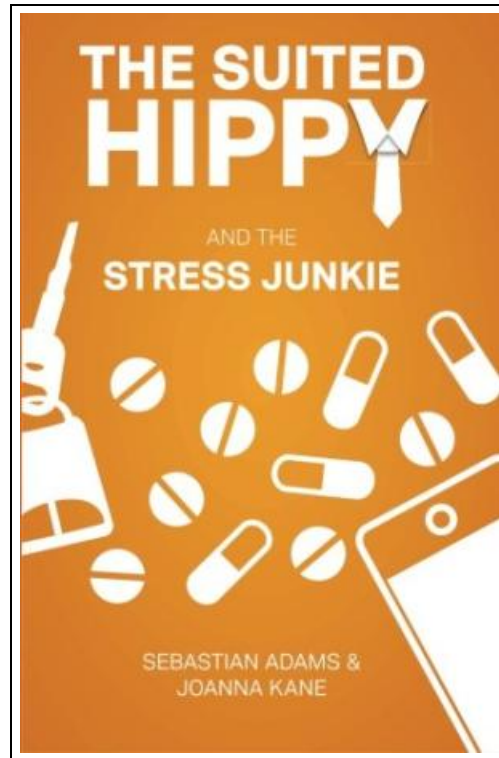


The Suited Hippy and the Stress Junkie (Paperback)



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Reviews

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(Bernadette Baumbach)

THE SUITED HIPPY AND THE STRESS JUNKIE (PAPERBACK)



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Reed McKenna Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. She s Stressed. Unable to sleep. . Under pressure to get results and with young guns snapping at her heels. Germaine is a successful advertising executive, but recently she s felt like her life is slipping away from her. Her relationships are suffering and she s losing her passion and her drive. What is more, she s becoming paranoid and more and more afraid of failing. Is it all in her mind or is there something sinister lurking behind it all? When the ultimate darkness looms, hope comes along in the form of coach, Theo Britten, aka the Suited Hippy. He guides Germaine through a journey of transformation in this dramatic and inspiring story that you will find hard to put down. Along the way, discover for yourself how to - minimise stress in your life - enjoy more balance - uncover what s holding you back - reconnect with who you were meant to be - find your authentic voice This story is inspired by Joanna Kane s own journey which led her from boardroom to cancer clinic, where she encountered some of her worst fears and emerged with real clarity about her life s purpose. Joanna Kane and Sebastian Adams are the co founders of Trailblazers, a company which provides personal, team and leadership development. The Suited Hippy And The Stress Junkie is part one of a series of Suited Hippy books. Their intention is to bring the transformative power of coaching to a wider audience.



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