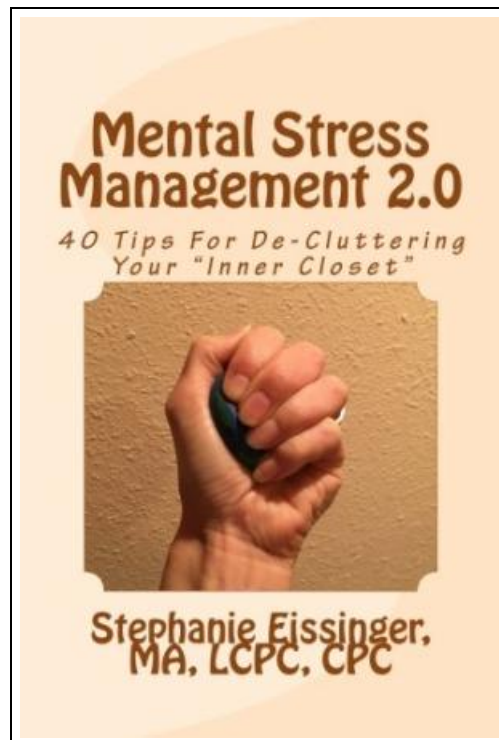


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Reviews

Complete guide! Its this kind of very good read through. I really could comprehend almost everything out of this written e publication. Your lifestyle span is going to be transform the instant you complete looking over this book.
(Reilly Keebler IV)

MENTAL STRESS MANAGEMENT 2.0: 40 TIPS FOR DE-CLUTTERING YOUR INNER CLOSET (VOLUME 1)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 66 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. De-Clutter, De-Stress, and Make Room For Happiness Every day life in these fast-paced, tech-filled, and financially uncertain times is extremely stressful. Individuals add to their overall stress level by storing unhealthy and unneeded cognitive and emotional stuff in the inner closets. After a while, this inner space becomes so cluttered that its hard to think clearly, deal effectively with the present, and accurately identify and express feelings. The individual becomes caught up in chaotic thinking and overwhelming negative emotions. To function at an optimal level and take lifes challenges in stride, you need to de-clutter you inner closet, sort through your cognitive and emotional stuff, and decide what to keep and what to let go of. This book is an essential resource of 40 effective tips to help you de-clutter and de-stress. Some strategies provide in the moment relief while others are more beneficial if theyre developed into daily habits. All of them are great tools to include in your stress relief plan. Read the book cover to cover or skip straight to the strategies that target the source of your stress at any particular time. One key to reducing stress is having the tools available and easily accessible when you need them. Buy this book along with the others in the Stress Management 2. 0 series and discover how it feels to be mentally and emotionally clutter and stress free! This item ships from La Vergne, TN. Paperback.



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