



Mind Candies for a Lousy Day - A Short and Snappy Guide Volume 2

By Mr Thejendra B. S

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 48 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Just type the word stress in any internet search engine and it will throw up a million pieces of information on it and the harm it can cause. Mankind (and even animals and plants) has always been plagued by stress from ages. On our planet the number of reasons why people get stressed or agitated could run into thousands. For example, the modern crazy workplace is one of the single biggest sources of stress for employees and their families. A stressed out employee can not only cause problems for himself, but also cause various problems to all his family members. And you cannot simply ignore stress as it is a serious health matter and will deteriorate you with time. So what do you do The common methods of stress reduction are attending mind-body workshops like meditation, yoga, going to a counsellor, or taking some prescribed medicines, etc. But such methods take time, cost and effort. However, there is another stress management technique that is simple, cost-effective, non-medicinal and extremely powerful. And you dont need any professional help to...

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