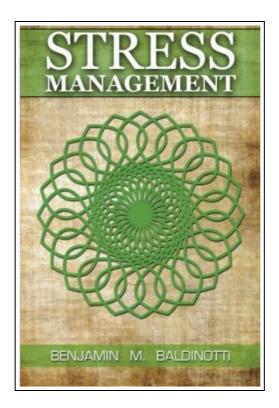
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Stress management doesn t have to be that complicated or hard to reduce, first of all, you have to understand stress in order to reduce it or avoid it completely. I know that you think stress isn t a choice and i know that, but i also know that stress can have a massive impact on your health, mood and overall your psychological and physical state. That s why i decided to write this book so you can learn to do something about the stress in your everyday life, learn how to take matters in your own hands. I kept the book simple and straight to the point, without any unnecessary information about unimportant research and studies about stress like in every other stress management book. Leave the research and recent studies to us because i know you don t need any additional stress while you re trying to find what you looking for in the actual book about stress. You can learn couple of methods for avoiding stress and dealing with anxiety and depression in this book, and also learn how to do that without having to change your lifestyle drastically. You just have to follow a few simple guides on how to adjust your mindset in order to stay positive even in the most stressful situations that life can give us because stress and anxiety can lead to depression which can have massive consequences on your body and mind. Depression, anxiety and stress factors so you can start with the detoxification of your...

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