

Dealing with Stress: How to Conquer Your Stress and Not Let It Defeat You (Paperback)



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Reviews

Unquestionably, this is the very best operate by any author. it had been writtern extremely flawlessly and beneficial. You can expect to like the way the blogger publish this publication.
(America Gleason)

DEALING WITH STRESS: HOW TO CONQUER YOUR STRESS AND NOT LET IT DEFEAT YOU (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Everyone in this world suffers from some or the other kind of stress. Whether you wear your stress on your sleeve and keep yourself out of activities or you stifle your stress in some recess of your mind and do not let the world know about it, the fact is that everyone is stressed. In this book titled Dealing With Stress, I am going to tell you how to identify your stress, how to understand the factors that can make you stressed and how to overcome stress. Whether it is stress at the workplace or the stress of a relationship, there are ways to smoothen it out. This book is going to tell you how to conquer your stress and not let it defeat you. - Develop deep and sustained attention - Practice gratitude, compassion and acceptance - Live a meaningful life - Cultivate nurturing relationships - Achieve your highest potential All of these concepts are weaved into a practical and fun journey that has been tested in numerous scientific studies, with consistently positive results. Take the first step to discover greater peace and joy for you and your loved ones.



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