



Stress Management: How to Enjoy a Stress Free Life - Relaxation, Mindfulness, Anger Management Mood Disorders

By Derek Johnson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Live Happy and Stress Free with This Insightful Book! Is it time to start feeling better? Do you want to get rid of anxiety, anger, and stress? If so, then STRESS MANAGEMENT: How To Enjoy A Stress Free Life - Relaxation, Mindfulness, Anger Management Mood is the book for you! You ll find out the 3 Most Common Sources of Stress and how to manage them appropriately! STRESS MANAGEMENT: How to Enjoy a Stress Free Life - Relaxation, Mindfulness, Anger Management Mood is available for ORDER Now. How do you cope when stress becomes overwhelming? If you feel burned-out, have a lowered immune system, experience insomnia, and have a short temper, all is not lost! You can learn to deal with these stress symptoms with the help of STRESS MANAGEMENT: How to Enjoy a Stress Free Life - Relaxation, Mindfulness, Anger Management Mood. Turn your stress, anger, and other negative emotions into positive energy you can use in your life! Order STRESS MANAGEMENT: How to Enjoy a Stress Free Life - Relaxation, Mindfulness, Anger Management...



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