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## DESTRESSIFYING: THE REAL-WORLD GUIDE TO PERSONAL EMPOWERMENT, LASTING FULFILMENT AND PEACE OF MIND



Hay House UK Ltd. Paperback Book Condition: new. BRAND NEW, Destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfilment and Peace of Mind, Davidji, When was the last time you snapped at someone or spoke words that you regretted? When was the last time you made a knee-jerk decision that you wish you could take back? How about the last time you felt burned out or overwhelmed? Most likely the cause was stress. Stress is destructive, diabolical and creeps into...

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- Authored by Davidji
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