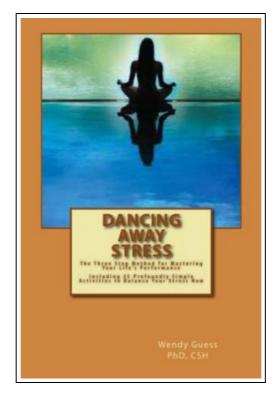
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DANCING AWAY STRESS THE THREE STEP METHOD FOR MASTERING YOUR LIFES PERFORMANCE



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Paperback. Condition: New. 128 pages. Dancing Away Stress Learn how to recognize chronic stress and break free from the reaction cycle --Now and forever! With the timeless metaphor of dancing, people since the beginning of time have learned how to eliminate debilitating chronic stress and anxiety from their lives and to embrace a more balanced style of living. In this classic work, Dancing Away Stress: The 3 Step Method for Mastering Your Lifes Performance, Dr. Guess offers a practical, simple formula that you can put into action today. It is a book packed with wisdom that will last a lifetime and make that lifetime happier! In addition, the book has at least 25 activities that you can do immediately to melt your stress and bring you back into balance. HIGHLIGHT OF DISCOVERY POINTS: (Slight wording change - leaves the audience wondering what else they will discover) Recognize the symptoms of chronic stress and acute stress Discover your unique set of stressors Learn the options you do have to react to your set of stressors Find the Performance Style where you spend the most time Learn culturally-based activities from the Circle of Balance to keep you in balance and managing your stress Delightful to read and easy to apply, Dancing Away Stress deals with fundamental concepts and life-changing ideas. Theres no need to live with stress and anxiety when you can live balanced - enjoying a full, active life! This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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