



## Stress Management: A Practical Guide to Stress Management: Relax and Enjoy Life: Stress Relief and Stress Management Techniques

By Nathan Bellow

Createspace, United States, 2014. Paperback. Book Condition: New. 202 x 128 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Eliminating Stress is Essential to Maximize Your Life With Stress Management techniques, you can beat back against stress and find your true motivation and room to breathe in a stressful world. This book asks you the question: do you find yourself unable to breathe with a constant headache, a constant stomachache, and a million things to do? Stressful situations follow you around from work, to family, to friends, to relationships. In order to survive the endless stressors in your life and live more freely, you must begin to create a plan for the future. You must begin to find mindfulness in a sea of constant stress. Create a Stress Management Plan for Your Life Stress has endless effects on your body and on your relationships. This book outlines the very precise ways you can begin to beat back against stress via alterations in your diet and education in various Neuro-Linguistic Programming and meditation spheres. An initial quiz allows you to understand how stressed out you currently are and the ways in which your environment and relationships are affecting...



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