



Stress Management Techniques That Work: How to Deal With Stress and Beat It Before It Beats You

Martin Taylor

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This book is a simple guide to understand stress factors and how you can cope with it. While it is well researched the easy to read style makes it an effective guide in helping people deal with stress. This book is useful not only to people looking for remedies, it is also helpful to counselors and medical practitioners by providing simple techniques. – Independent Counselor ‘Taylor’s valuable information on stress relief is very helpful for people to get a better understanding of how to find out their own stressors and trigger factors, their main causes of stress; it also provides easy to practice techniques that could be tried to get immediate positive results.’ – De-stressed person Martin Taylor’s How to Cope with Stress is a book that is an easy read. While people tend to take stress lightly, Taylor’s approach puts things in perspective and his message of being in control cannot be more relevant in today’s times. I have had fun practicing his methods and they have very effective in helping me deal with stressful people and situations in a positive way.–Student ‘This book takes the reader through a process of introspection and sensory engagement. While providing quick fix remedies, it also provides stress management strategies for people to identify their pressure points and find suitable techniques that could be used to deal with the situation. It also is a good resource for medical trainees and counselors to help them guide their patients who have issues with dealing with stress, and provide ways in which they can identify the causes and deal with stressful situations in a positive way.’ – Local Journal Martin Taylor’s How to Cope with Stress, First Edition is a practical book that serves as a great reference for people who are looking for ways to deal with stress. This book provides simple yet effective methods to help people understand what is stress, what are the causes and warning signs, and ways to cope with stressful situations. This book clearly details out aspects that help in dealing with stress such as:

- o What is stress
- o How to recognize stress signals and sources
- o How to recognize your body’s response
- o How to cope with stress
- o What are the instant remedies to deal with stress

How to Cope with Stress, First Edition, is a useful guide and provides information to any person searching for a way to cope with stress effectively. Martin Taylor is an independent, professional counselor with over 10 years of experience.

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