



Stress Management: Strategies Designed to Conquer Stress, Improve your Lifestyle and Enrich your Life

Sarah Mosman

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Stress can truly take over our lives. Whether it's dealing with stressful situations in our personal lives, professional lives or physical lives, stress can have a huge impact on our quality of life. Fortunately, if you're reading this you have decided to take action and do something about it! And thankfully, with the right strategies and mindsets you can. "Stress Management" will take you through proven strategies to help you deal with stress and keep it from hindering your lust for life. You will learn... How Stress Affects Your Life How to Communicate About Stress to Family, Friends and your Doctor How to Overcome and Reduce Stress and Anxiety How to take Control of Your Life Gratitude and Affirmations Relaxing and Meditation Techniques Simple New Techniques to Reduce Anxiety and Relax How to De-stress During Work Breaks Much, much more!

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