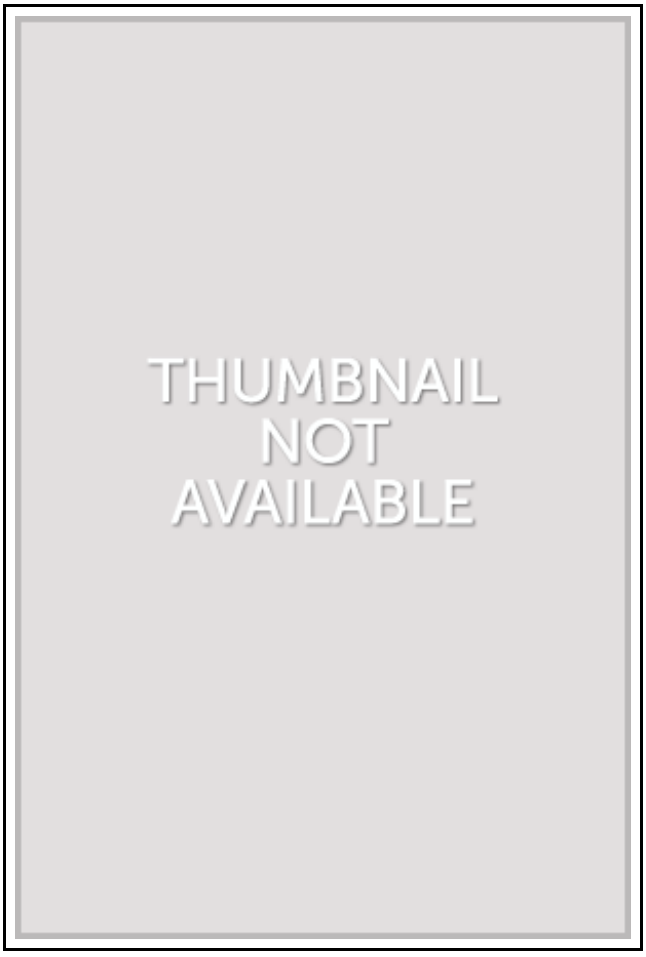
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.#STRESS: Stress Management Techniques And Stress Busters Designed To Help You Feel Great Every Day And Live The Stress Free Life You Always Wanted How can stress be managed effectively if it is always present anywhere? Is it really possible? Stress remains ubiquitous while relaxation remains a rare commodity these days. What should have been a balance between the two has become the biggest compromise humans have ever made. As a result, people experience more internal conflicts and turmoil leading to less happiness and personal satisfaction. Many people have also accepted the fact that stress will always be a part of their daily lives. They have become oblivious to the growing stress inside them that might be mentally, emotionally, and physically harmful at some point. Stress management is often compromised because people are too busy running their lives in a fast-phased society. Everyone is in a race, but nobody cares to stop and realign their goals and check their baggage. This book will show you how to do stress management even as you move in a stressful world. This book aims to teach you the best possible ways of eliminating stress not in its most basic form, but as a harmful force. Stressors will still be around you no matter what happens, but they will only inflict harm if you won t do something to change or reduce their effects in your life. When you eliminate stress, you are actually eliminating its bad effects without necessarily eliminating the source. Most of the time, that is not possible. The recommendations in this book will take you one step closer to perfecting stress management. It provides a holistic approach in...

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