

The Doorway To Stress Relief: Workshop - Claude Laurin

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Most people never realize the difference between inner-motivation and external manipulation, as a result most fall under the power of manipulation. Even if they achieve their social and financial goals, many wind up in vacuums of insecurities that cause a lot of stress. Eventually, this leads to physiological breakdowns (burnouts). The Doorway to Stress Relief Workshop Relieves the physical and psychological pains caused by the rapidly growing social, economical and technological system we have created. Unlike most self-improvement books courses and techniques it does not teach or try to implement a reward system that leads to more of status, recognition, knowledge and rewards that cause stress. It is a simple workshop that is easy to read, understand and complete. The workshop includes a unique twenty one day reinforcement technique. Author: Laurin, Claude Publisher: AuthorHouse Illustration: N Language: ENG Title: The Doorway to Stress Relief: Workshop Pages: 00000 (Encrypted PDF) On Sale: 2011-04-08 SKU-13/ISBN: 9781456758110 Category: Self-Help : General

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