

Relax And Enjoy Life: 149 Ultimate Stress Busters - Elisabeth Wilson

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Are you in control of your life? Can you afford ten minutes to yourself? Or are you one of the millions of people who are now living incredibly pressured lives, whether through career, family or lifestyle choices? Statistics on this subject are quite scary - the average couple spends only 10 minutes a day talking, 31% of people go to work even when they're sick, 24% don't take all of their annual leave, and only 21% of families eat together twice a week - most don't manage it even once. But there's a very quiet revolution happening - people are reclaiming time for themselves. Here Elisabeth Wilson reveals 149 stress-proofing ideas which are short and practical but can help you live the life you want to livenow. Whether you want just one hour when you don't have chores, a day when you don't have to work or a complete life transforming experience Relax and enjoy life will show you the way. Author: Wilson, Elisabeth Publisher: Infinite Ideas Illustration: N Language: ENG Title: Relax and enjoy life: 149 ultimate stress busters Pages: 00000 (Encrypted PDF) On Sale: 2009-05-30 SKU-13/ISBN: 9781906821081 Category: Self-Help : Stress Management

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