

# Book For The Seriously Stressed

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Stress is something that affects everyone, usually by making them snappy and ill, and even causing death. For the rare few that properly 'use' stress, the world becomes an Aladdin's cave of potential. This book teaches you the secrets of controlling and using stress to your advantage. a What causes stress a Who is prone to stress a Understanding the enemy a Understanding others a Why we always hurt the ones we Love a Our immediate reactions to stress a Symptoms of short term and long term stress a Learning coping mechanisms to deal with stress a How to use stress as an energy force a Relief from stress This book will transform your life. EAN/ISBN : 9781840249897 Publisher(s): Summersdale, Geoff Thompson Format: ePub/PDF Author(s): Thompson, Geoff

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