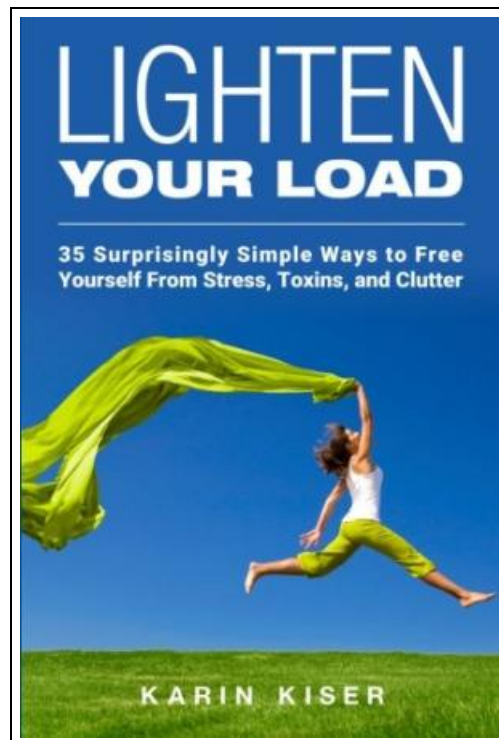


Lighten Your Load: 35 Surprisingly Simple Ways to Free Yourself from Stress, Toxins, and Clutter



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Reviews

*A very amazing ebook with lucid and perfect answers. it was actually writtern quite flawlessly and useful. Its been written in an exceedingly basic way and it is simply right after i finished reading this publication in which basically changed me, change the way i really believe.
(Garett Stanton)*

LIGHTEN YOUR LOAD: 35 SURPRISINGLY SIMPLE WAYS TO FREE YOURSELF FROM STRESS, TOXINS, AND CLUTTER



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Truth Behind Stress Management And Why Most Mainstream Advice Is Wrong. Discover How to Create More Time, Energy, Vitality And Freedom In Your LifeHave you felt the symptoms of stress creeping into your life more and more?Darkening your relationships, mindset and body Youre not alone. The American Psychological Association recently revealed that over 75 of Americans experienceat least one symptom of stress per month. These numbers are likely growing. This is not acceptable. Change is not just required, its a necessity. Stress isnt something that just appears, it builds up slowly, and if left unchecked it can lead to some truly frightening consequences. Everything fromobesity, unhappiness, insomnia, lack of job satisfaction, illness, and many other side effects. The problem with traditional approaches to stress management is they avoid the root causes of stress, and focus on external factors that are often impossible to control. Instead you must focus on the root causes -- your environmental, psychological, emotional, and physical health. This is the"secret" to stress management and creating more time, energy, vitality, and freedom in your life. Lighten Your Load reveals the simple, actionable strategies anyone can use to address the root causes of their stress andfinally start living life lighter. Inside this book youll discover the 35 surprisingly simple ways to a happier, more fulfilled life, such as: Why your bathroom is a source of stress and how to solve this problem today. 21 little-known ways to naturally boost your energy levels. How to detox your mind and body in just 3-minutes without drugs or supplements and wipe the slate clean every single day.How to free up time and energy by regaining control...



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