



## The Stress-Free You: How to Live Stress-Free and Feel Great Every Day, Starting Today (Paperback)

By Elizabeth O'Brien

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Stressors are everywhere. Each and every day, we run into situations that constantly test us, rob us of our patience, strip us of our sanity, impact our focus, and cause us to lose control of our days. Although stress can be challenging, it can also be easy to handle if you have a system to deal with it. This system would knock out these stressors, shut down your anxiety, and curb fear so you can take back control of your life. Inside The Stress-Free You: How to Live Stress-Free and Feel Great Every Day, Starting Today is an easy-to-implement system which you can use today to knock out the stressors in your life one by one. You'll discover why a little stress is good for you, why your body becomes overloaded with chronic stress, how to assess your stress level and take definite action steps to tame the wild beast of stress, how simple meditation and such gentle exercises as yoga and Tai Chi can help you beat stress, stress management tips you can use at work, school...



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