



Relaughsatation: Stress Relief Through Laughter, Movement, and Music!

By Scotty Gunther

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Life is full of stress! Stress and anxiety is a major cause of lack of productivity, motivation, workplace problems, health wellness, communication issues, and just a general lack of team pride and spirit! During this tough economic downturn, uncertainty, long work hours, multitasking and social media, it s important to manage stress and get relief from anger, frustration, depression and anxiety! With Relaughsatation: Stress relief through laughter, moment, and music! Written by comedian, author, speaker and award-winning radio personality Scotty Gunther. You will laugh, be inspired, motivated, and learn how to deal with stress at work and in all areas of your life. First, you will first learn what stress is, and how to manage it with a few simple tips and techniques that will reduce stress by utilizing great music, simple movement, and by unlocking your sense of humor and ability to laugh! For many years, Scotty suffered from stress, anxiety, shyness, and stage fright before he discovered stress reducing secrets, and with the help and knowledge from stress-release experts, life-coaches, certified fitness professionals, hypnotherapists and professional...

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