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## Stress: Discover the Secrets for a Stress Free Life That Teach You How to Recognize and Deal with Stress Every Time (Paperback)

By Kristi Ward

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want to learn exactly how to relieve your stress and learn what the pros do? Discover The Secrets For A Stress Free Life That Teach You How To Recognize And Deal With Stress Every Time.Even As A Beginner! Just Follow The Instructions And You ll Be Stress Free In No Time! Are you ready to get started on your journey to living a healthier, stress-free life? Yes? Then let s get started! All too often people over-commit or live such a hectic lifestyle that they end up feeling stressed without realizing just what damage they are doing to their body. They may even think they are having lots of fun, but underneath it all they are not really happy. Often, they blame other people for their unhappiness and try to control things that they cannot really control in an effort to get their life back on track, but sadly they find it impossible. In actual fact, the problem lies within them and it will not be until they realise this that they can start to treat the problem and feel...



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