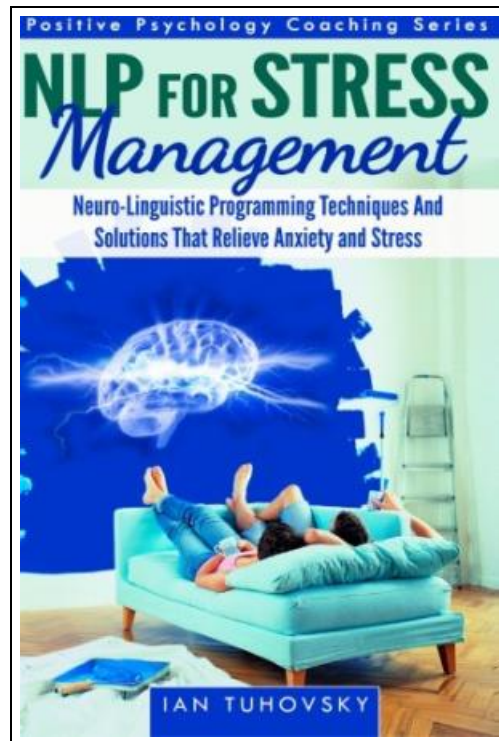


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 56 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Do you feel overstressed and anxious Do you find it hard to relax on a daily basis and release all those disturbing thoughts youre battling with -Are you sick of being a victim of circumstance and your environment -Tired of being a slave to your emotions -Do you feel like stress has taken control of your happiness -Are you sick of me asking you questions Hello, nice to meet you, names Ian, I had exactly the same problem for long, long years of my life. I was always stressed to the max. When I was young, I was called a worry-wart and told that I would have a heart-attack, ulcer or be bald by the age of 16. Can you imagine what happened when I got my first job The United States is the world leader in heart disease, stress and obesity (many times caused by stress). Heart disease is the number one killer in the US, according to the Center for Disease Control, and stress is directly related to heart disease. Heart disease kills about 1 million US men and women every year! At some point of my life I came to the conclusion that my nervousness got way too dangerous and I HAD to find a solution and finally calm down. I would read books, watch DVDs and go to seminars. And then Id read even more booksand talk to people. And then, finally I found the answer Neuro-Linguistic Programming! Now, let me show you few simple and effective Neuro-Linguistic Programming techniques that will help you overcome excessive stress and stay relaxed in everyday life situations! In This Book Ill Show You: -Basic tools tailor-made for stress and...



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