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No More Stress: The New Technique to Manage Stress Anywhere

By Peter Nuttall B Sc

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.We all face many types of daily stress, anxieties and related conditions such as insomnia and headaches. Left unmanaged and untreated, stress can lead to strokes, high blood pressure, depression, diabetes and cardiovascular problems. Total Sense Therapy, through the concept of Portable Sunshine has been developed as an at-home, non-medicinal and customisable stress management therapy which can help you to manage stress and its related conditions throughout the day, wherever you are and whenever it is needed. The book, No more stress explains all you need to know about stress. Learning about stress and understanding what happens to you when you experience anxiety is very important when trying to manage it. The book also explains how Total Sense Therapy works, including the easy-to-understand science behind it. The final part of the book explains how to set up and get the most from your sessions along with several case studies which give examples of how others have set up, used and benefited from Total Sense Therapy.



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Reviews

An incredibly amazing ebook with perfect and lucid answers. It is written in basic terms and never difficult to understand. It's been written in an exceptionally basic way and it is only right after I finished reading this ebook in which it in fact modified me, affected the way I really believe.

-- **Beverly Hoppe**

Extremely helpful for all class of individuals. Better than never, though I am quite late in starting reading this one. I realized this publication from my dad and he suggested this ebook to discover.

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