



5 Minutes to Stress Relief

By Lauren E. Miller

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. They act like little serpents that crawl into the lap of your life and wreak havoc emotionally, spiritually and physically. But you have the ability to identify and dismiss these serpents that are trying to hinder your ability to maintain inner calm, clarity of focus and a motivated response to all of life.5 MINUTES TO STRESS RELIEF will give you the specific skills and tools to: Identify and relieve stress Access personal excellence in your mind to create positive transformation in your physical, emotional and spiritual experiences Activate your God-given natural state of being Stress is often called the silent killer. As someone who battled the stress of advanced cancer and divorce simultaneously Lauren Miller equips you with the ability to successfully handle any stressful situation instantly. Printed Pages: 192.



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