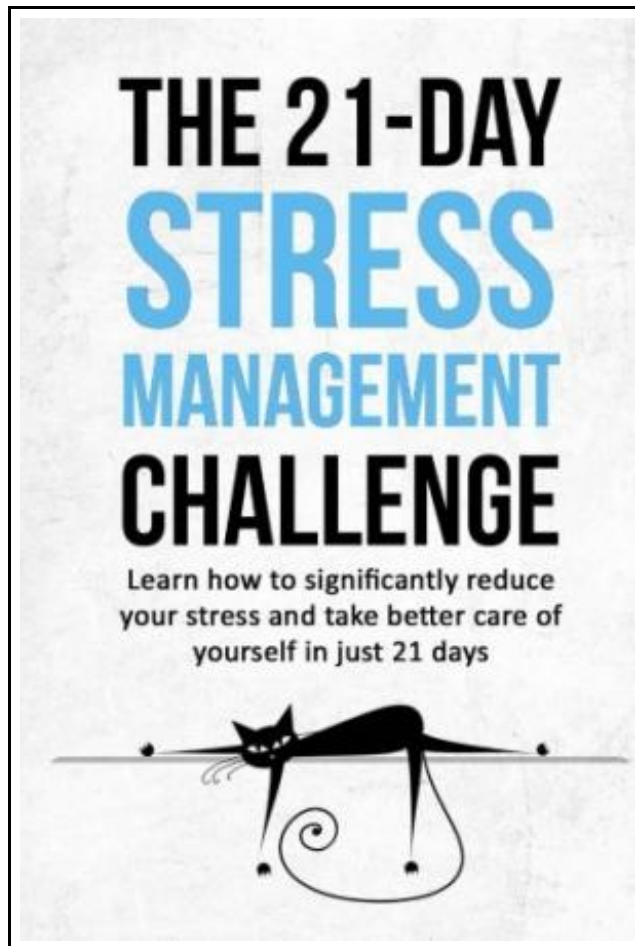


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The 21-Day Stress Management Challenge, the eleventh book in the 21-Day Challenge series! Are you tired of being stressed out all the time? Do you want to feel better, look better, sleep better and be much happier? Do you want to change but aren't sure what to do? Let's start with a thought experiment. Take a moment to imagine yourself, only a more calm and peaceful version. Think of how you'd be at work, at home, with those you love and those you don't. Think of all the things you'd do differently, how you would feel and look. During this 21-Day Challenge, we'll be seeking first to understand the way we stress and why, and then finding smart, intuitive ways to deal with it. We won't be trying to cultivate the kind of calm of a Zen master, that's not realistic. Instead, we'll look at the best ways to live with stress, as you are in your life, right now. The 21-Day Stress Management Challenge will help you to: Understand how stress management will improve your life Identify your stress triggers Realize the importance of taking good care of yourself and your body, and how to bring this in practice Let go. Adjust your diet to keep your mind/body balanced Develop new habits that will significantly reduce your symptoms of stress on a daily basis .and much more inside! Learn how to significantly reduce your stress and increase your happiness TODAY! Are you ready to take the challenge? Update! Now available 11 books in 1: The 21-Day Challenges Box Set.



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