



So Stressed?: Manage Your Stress and Start Enjoying Your Life Now! (Paperback)

By Roselle P Reig

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. In our modern age of rapid change and information overload, we often busy ourselves to the point of exhaustion resulting to a 'So Stressed' life. In this book So Stressed., a Softskills Training expert and author Roselle Reig explains how to avert this cycle and learn instead to manage our stress and enjoy living our lives now. Learn: What is Stress About? Lessons to "Less Stress" Strategies for Change Time Management Tips What Drains and Fills You?.



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