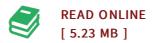




Managing Stress: Handle, Control, Prevent

By Sumita Roy

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Managing Stress: Handle, Control, Prevent, Sumita Roy, The world of today brings us face-to-face with situations and contexts which are constant sources of stress. Managing stress, and not stress removal or elimination, is the mantra of the present. We are not aiming to achieve a stress-free society; instead, what we are attempting is to learn how to keep the level of stress within control, to accept its positive dimensions, and not allow its negative dimensions to have adverse effects. Stress is thus a valuable learning experience which brings inner strength and regulates our mental/spiritual health, as well as, gives a fillip to our physical well-being. This book addresses to all these aspects of stress management and is a practical guide for those who want to translate these techniques into practice to make their lives more liveable.



Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



101 Ways to Beat Boredom: NF Brown B/3b

Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, 101 Ways to Beat Boredom: NF Brown B/3b, Anna Claybourne, This title is part of Bug Club, the first whole-school reading programme to combine books with an online reading world to teach today's...