



Stressed Out?: Manage High Stress Situations (Paperback)

By Roberta Cava

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Large Print. Language: English. Brand new Book. Are you prone to stress?Is your stress level off the scale?If so, this book is for you! Learn how to control the constant stress of everyday living at home and at work and start enjoying life.Spend more time doing the things you want to do and become energised so you can accomplish much more than you have in the past. Learn about:



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