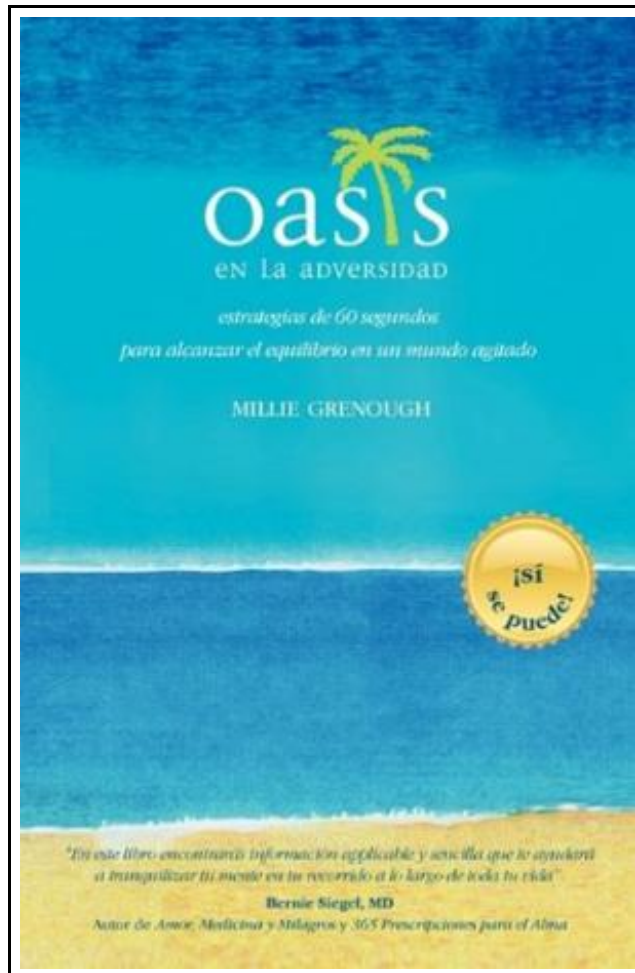


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Reviews

Very helpful to all class of folks. Better then never, though i am quite late in start reading this one. You can expect to like just how the blogger create this pdf.

(Mandy Larson)

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Beaver Hill Press. Paperback / softback. Book Condition: new. BRAND NEW, Oasis en la Adversidad: Estrategias de 60 Segundos Para Alcanzar el Equilibrio en un Mundo Agitado, Millie Grenough, Caroline Jane Cooke, Stressed? You're not alone. Doctors say that stress is at an all-time high in our 24/7 days. Did you know that stress 1) contributes to 80% of major illnesses, 2) is a factor in 75% to 90% of visits to doctors' office, and 3) costs businesses as much as \$300 billion a year? Looking for calm in the chaos? Find it in OASIS. Executive/Life Coach & Clinical Instructor in Social Work of Psychiatry at the Yale University School of Medicine, Millie Grenough uses the latest brain research to teach four easily-learned 60-second strategies that can diminish the harmful effects of stress, increase a sense of personal control, engage and enhance a person's physical, emotional, spiritual and intellectual health, and are enjoyable and easy to do. Millie will guides you through: [Step-by-step instruction in the key OASIS Strategies [How to use the strategies in different situations [Scientific background: re-wire your brain towards health and happiness [Tips: achieve calm in chaos - every minute - at home and at work. The OASIS Strategies are four proven "sanity" strategies to change your brain and your life, even in the midst of stress at home and at work. You can learn the 60-second Strategies in one hour. You will notice the difference immediately in your daily life. Millie Grenough developed the OASIS Strategies after a near-death accident forced her to change her hectic lifestyle. The OASIS Strategies have helped people from all walks of life find balance and enjoyment. Try them for yourself. Don't wait till you have an accident.



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