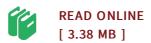




Stress

By AnnA Rushton

Wellhouse Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Stress, AnnA Rushton, Stress is about change and how we deal with it and we live in a society where there are many changes happening in rapid succession. In this easily read book the author describes Stress, explains the chemical changes that happen to your body shows how to identify signs of Stress and gives a Stress assessment chart. AnnA then continues by showing what professional help is available and then shows what self-help options there are including: Diet & Nutrition, Exercise, Lifestyle Changes, Stress Management, Relaxation Time, Alternative Therapy guide plus Top Tips to handle your Stress.



Reviews

A whole new e book with a brand new standpoint. I have read through and i also am certain that i am going to planning to read again yet again later on. I found out this book from my i and dad advised this pdf to learn.

-- Audrey Lowe I

It is fantastic and great. It is really simplified but unexpected situations from the 50 % in the ebook. I discovered this ebook from my dad and i suggested this book to learn.

-- Dr. Luna Skiles