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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.



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