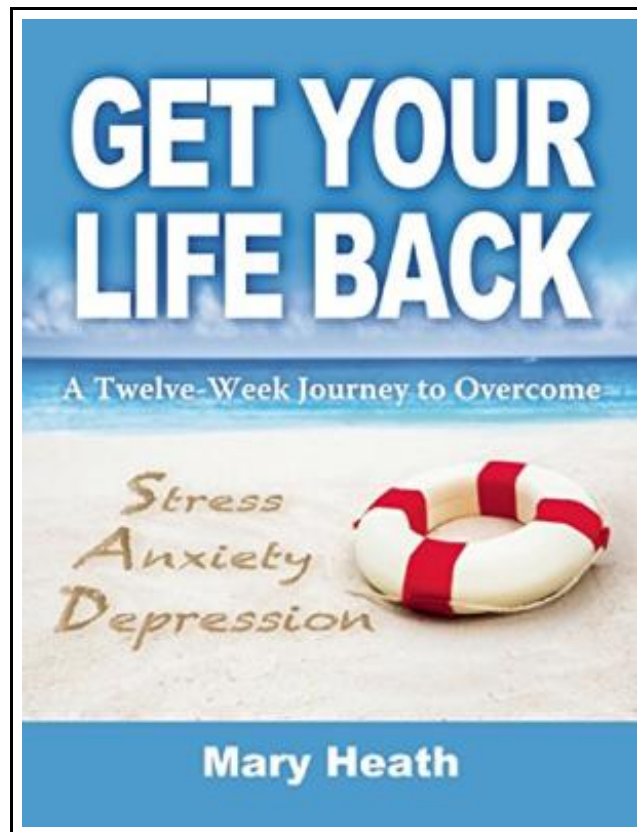


Get Your Life Back: Learn to Cope with Stress Anxiety Depression



Filesize: 5.39 MB

Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book.
(Reyes Murphy)

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Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Get Your Life Back: Learn to Cope with Stress Anxiety Depression, Mary Heath, A 12 WEEK JOURNEY TO PEACE OF MIND Will help anyone who experiences any of the following: Stress at home or in the workplace General Anxiety State or Anxiety Disorders such as OCD and Phobias Panic Attacks Depression, Low Mood or Melancholia Low Confidence and Self-Esteem If you have reached Breakdown or Burnout, this unique and life changing book will be invaluable to you. Whilst working in a mental health setting for 30 years Mary Heath soon discovered that everyone she encountered shared a similar problem: no one appeared to have any knowledge at all of how to cope with the stress of life and its consequences. The great majority of patients had no coping skills or strategies at all. No one had been taught how to deal with stress, and many didn't even know what stress was and why they felt so helpless, so alone and so afraid. Mary on the other hand had a very large tool box and a set of skills that helped all of them to change their lives around and become healthier and stronger in every way. Having been trained in many disciplines in the field of stress, anxiety, depression and personal development she was able to tailor an individual's requirements, according to their specific needs. Working with a wide-ranging and extensive variety of therapies Mary taught people not just how to cope but how to really live again. Many of the techniques and therapies Mary used can be found in this book and include: The Simple Principles of the Philosophy of Yoga Pranayama - a unique sequence of breath control exercises Relaxation, Meditation and Mindfulness Stress and Anxiety Management Depression Management...



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