



Stress Free in 30 Days

By Charles Linden

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Stress Free in 30 Days, Charles Linden, Charles Linden's Stress Free in 30 Days offers simple, fast and targeted guidance to show readers how to quickly and permanently eliminate stress from their lives, regardless of its cause. As an added bonus, the book is accompanied by an audio CD containing visualizations for deep relaxation, empowerment, confidence and sleep, all of which will help reduce stress and speed up your recovery. Whether your stress is work or home related, this book will introduce techniques to reduce your symptoms, and provides tips to see you through the challenging times. Charles Linden's Stress Free in 30 Days programme is presented here in the most simple, structured and accessible form for people of all ages.



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