



Stress Buster: How to Stop Stress from Killing You

By Geoff Thompson

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Stress Buster: How to Stop Stress from Killing You, Geoff Thompson, In our increasingly hectic society we are under constant pressure to get the best results, the top job, a better car or a bigger house. For many reasons, stress can become a major problem affecting our relationships and even our health. Stress can ruin lives, and most people don't know how to cope with it - or how they can use it as an energy force. If you're always getting angry in the car, at home or at work, if you constantly feel out of balance, then this book is for you. It will help you identify the causes of stress in your life, and shows you how to deal with them in a practical way. With true-life examples, clear explanations and relevant advice, it is an indispensable aid to overcoming stress. This book may save your life.



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