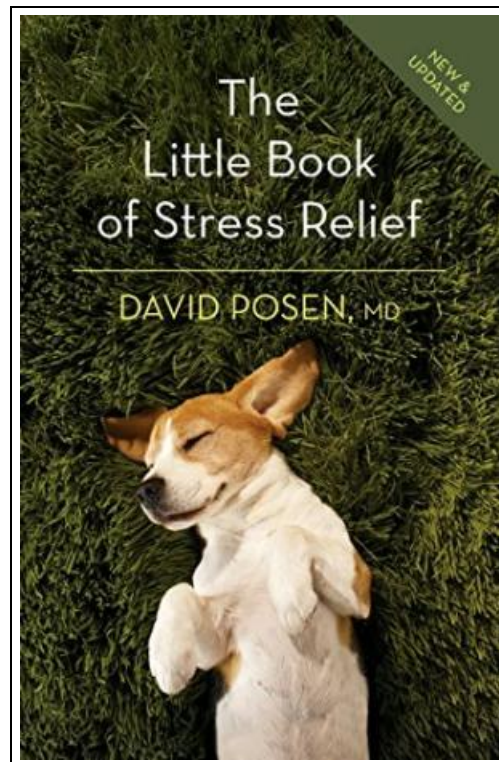


Little Book of Stress Relief (Paperback)



Filesize: 3.42 MB

Reviews

If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases rather than difficult to understand. Your life period is going to be change the instant you total reading this ebook.

(Letha Okuneva)

LITTLE BOOK OF STRESS RELIEF (PAPERBACK)



To download **Little Book of Stress Relief (Paperback)** PDF, please follow the button below and download the ebook or have access to additional information which might be relevant to LITTLE BOOK OF STRESS RELIEF (PAPERBACK) ebook.

FIREFLY BOOKS LTD, Canada, 2017. Paperback. Condition: New. 3rd Revised edition. Language: English. Brand new Book. Intense stress is an integral part of modern life, and it seems to be getting worse. In controlled doses, stress helps individuals think faster and perform better - but left unchecked and unbalanced, it leads to fatigue, helplessness and a variety of unfortunate health complications. With people working harder, anxious about job loss and the ever-faster pace of life, and the ever-growing intrusion of technology, stress seems to be increasing constantly. 'The Little Book of Stress Relief' is a practical, breezy and entertaining book that changes the fundamental thinking and habitual lifestyle choices that contribute to heightened stress levels. There are helpful tips for making informed choices, adjusting how we think and taking the necessary steps to regain control. Organized into 52 short chapters - one for each week of the year - the book uses stories and analogies to describe specific causes of stress, and follows with simple, concrete steps to manage them. Easy-to-grasp activities and exercises point the way towards the right amount of sleep, how to deal with procrastination and perfecting the art of setting priorities. The book's layout allows readers to follow the tips in any order. Each chapter ends with a brief 'prescription' summarizing key suggestions. Here is a sampling of the topics in The Little Book of Stress Relief: * Do You Know Your Signs of Stress? * The Work-Life Balancing Act; * Setting Boundaries and Limits; * Reclaiming Ownership of Your Time; * It's Time to Plan Your Next Vacation; * Dealing with Information Overload; * The Tyranny of E-Mail; * Living Your Life On - and Off - Social Media; * Dealing with Clutter; * Money and Stress; * Dealing With Difficult People; * Relaxation Techniques; * ...



[Read Little Book of Stress Relief \(Paperback\) Online](#)



[Download PDF Little Book of Stress Relief \(Paperback\)](#)

Relevant Books



[PDF] Ventures: Ventures Level 1 Student's Book (Paperback)

Access the web link under to read "Ventures: Ventures Level 1 Student's Book (Paperback)" PDF document.

[Download](#) [eBook](#)

»



[PDF] A Dictionary of Statistics 3e (Paperback)

Access the web link under to read "A Dictionary of Statistics 3e (Paperback)" PDF document.

[Download](#) [eBook](#)

»



[PDF] Ventures: Ventures Level 1 Workbook (Paperback)

Access the web link under to read "Ventures: Ventures Level 1 Workbook (Paperback)" PDF document.

[Download](#) [eBook](#)

»



[PDF] Ventures: Ventures Level 1 Digital Value Pack (Mixed media product)

Access the web link under to read "Ventures: Ventures Level 1 Digital Value Pack (Mixed media product)" PDF document.

[Download](#) [eBook](#)

»



[PDF] Ventures: Ventures Level 1 Value Pack (Paperback)

Access the web link under to read "Ventures: Ventures Level 1 Value Pack (Paperback)" PDF document.

[Download](#) [eBook](#)

»



[PDF] Unlock: Unlock Level 4 Listening, Speaking & Critical Thinking Student's Book, Mob App and Online Workbook w/ Downloadable Audio and Video (Mixed media product)

Access the web link under to read "Unlock: Unlock Level 4 Listening, Speaking & Critical Thinking Student's Book, Mob App and Online Workbook w/ Downloadable Audio and Video (Mixed media product)" PDF document.

[Download](#) [eBook](#)

»