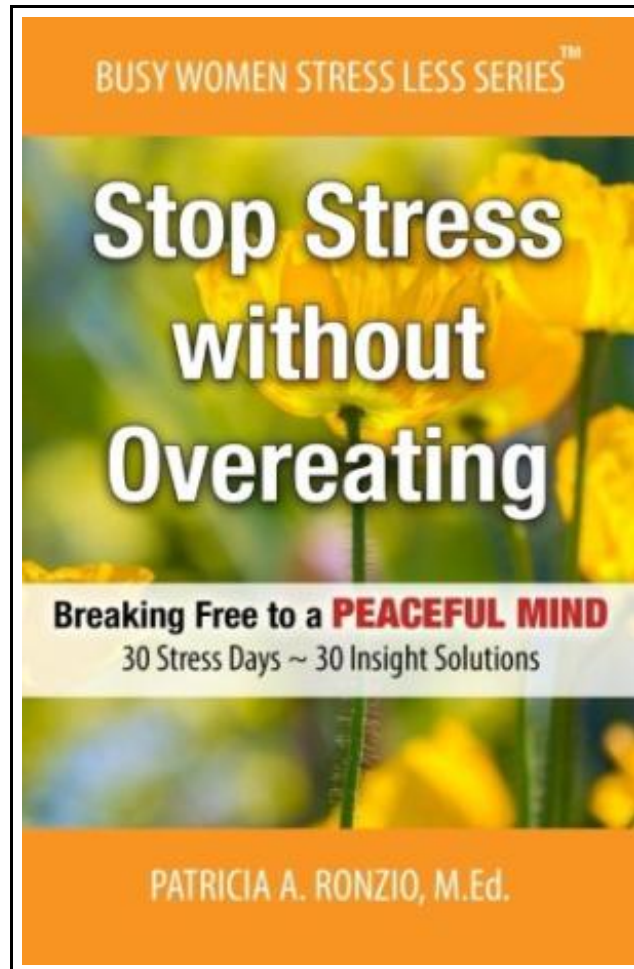


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New Paradigm Wellness Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Does persistent stress leave you tense, upset and tempted to overeat? In this second volume of the Busy Women Stress Less Series, Breaking Free to a Peaceful Mind, Patricia Ronzio, MEd, encourages women to embrace their creativity and discover permanent solutions to chronic stress at home or at work. In 30 Stress Days - 30 Insight Solutions she shows you how creative problem solving and the insight-empowered stress management system can help counter negative self-talk, strengthen personal boundaries and elevate self-esteem. Patricia's encouragement and her no mistakes, only opportunities approach can empower your insights to stop worn-out thinking and self-limiting attitudes in chapters such as, Healthy Relationships: How to Say No!, Managing Stress and Multi-tasking: Are you a Duck or a Tuna? and How to Stop Self-criticism: Lessons from a Twin Sister. With over 15 years of experience as a Life Coach and a corporate wellness director, Patricia uses real life examples to show how she used insights to manage stress, build healthy relationships and create personal happiness. You can too! The Busy Women Stress Less Series is not for everyone. If you want rigid rules or simplistic solutions you will not find these here. What you will get are real life applications of insights and insight-inspired actions to transform 30 very common stressors. Discover how to find your own successful stress solutions to stop negative self-talk, create healthy boundaries and increase self-esteem without relying on food or overeating.

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