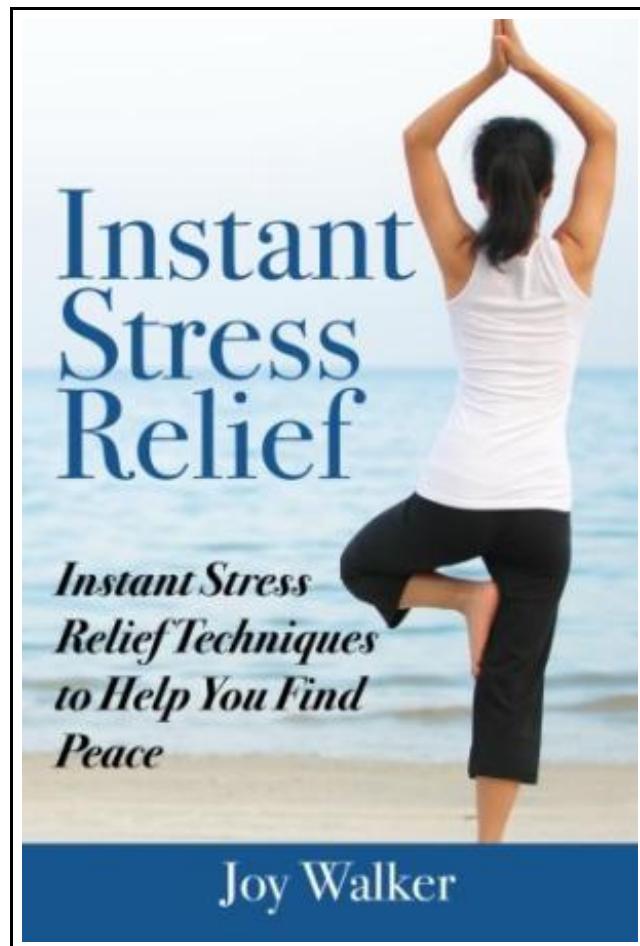


Instant Stress Relief: Instant Stress Relief Techniques to Help You Find Peace



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Instant Stress Relief Techniques to Help You Find Peace Are You Feeling Stressed, Overwhelmed or Full Of Anxiety? Well You're Not Alone! That's Why I Wrote Instant Stress Relief . to Give You Real Stress Relief Techniques that Will Help You Lead a Stress Free Life ! Stress and anxiety can take over your life and leave you helpless and burned out!. Worse yet, if you don't do something about your stress, it can eventually take over your life and dictate how you live! Studies now show us that stress and anxiety contribute to at least 80 percent of all illnesses! Over 19 million people in the US alone are damaged by the effects of stress, but they don't have to be. There are ways you can get Instant Stress Relief whether you're at home, at work, on a date, or any other life situation. You can even make stress work FOR you instead of against you. Here is just a sample of what you will learn: - Why are you so stressed out? - Blocking behaviors that are keeping you stressed - Stress or Anxiety (WHAT ARE YOU REALLY EXPERIENCING?) - What are panic attacks - Dealing with panic attacks - The best stress relief techniques - De-stressing with music therapy - Should you try self hypnosis? (It's simple and it works) - Stress management tips - When to take a break - Stress reduction (relaxing) at work (WITHOUT GETTING FIRED) - And more. If you're experiencing stress right now, it's damaging your health! You need to do something about it right now. Getting this book is the first step. Get Instant Stress Relief Today!.



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