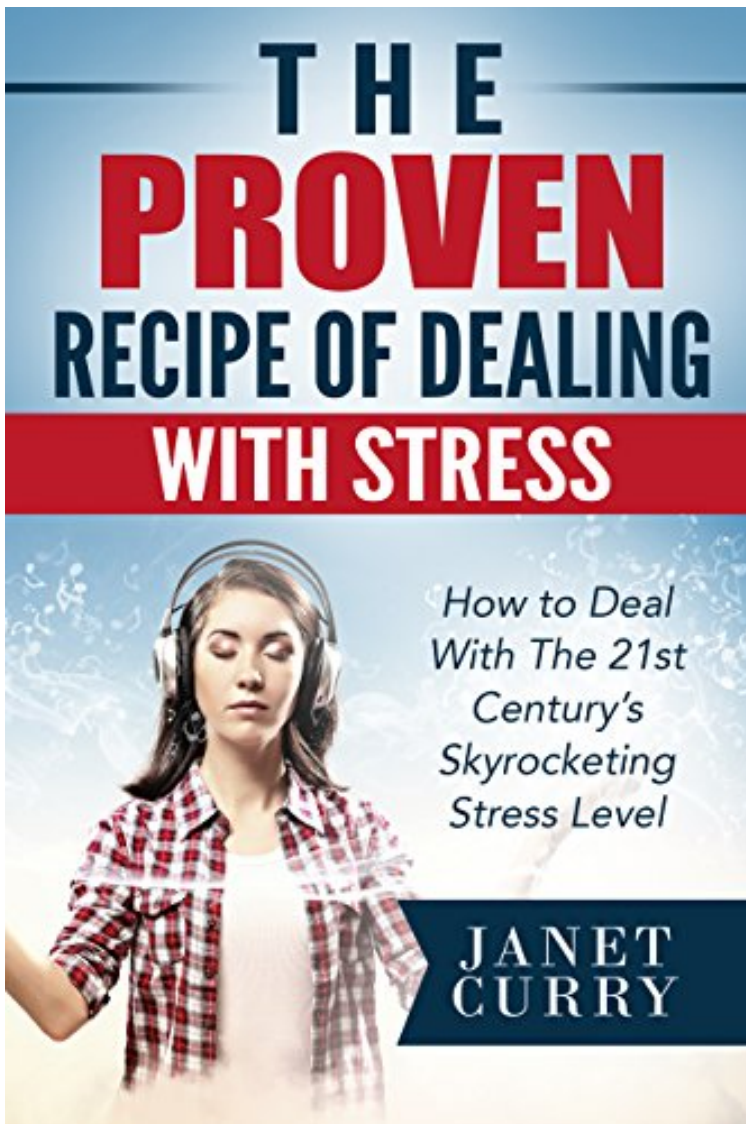


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# The Proven Recipe of Dealing With Stress: How to Deal With The 21st Centurys Skyrocketing Stress Level (English Edition)



Par Janet Curry  
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free life. This book is intended for all those who have bearing the brunt of stress in their daily lives and are yet unable to do anything concrete about it due to lack of time and understanding. The proven strategies described in this book are easy to follow and can be implemented in your daily life if you have the mere will to do it. The task is not really as daunting as it may seem at the outset. Here is a preview of what you will learn from the book: The meaning of stress and the common causes of stress The effect of stress on the various areas of our life. The importance of Stress Busters Common Stress Management Techniques Natural Ways to De-stress Meditation as a Stress Buster The importance of eating right, to manage stress How to monitor the progress of your de-stressing efforts. The book describes the effect of stress on our lives and gives you easy and natural ways to manage stress in order to lead a stress-free life. Practice the techniques given in this book in order to free your life of stress. Its time to throw stress out of your life with the simple methods listed in this book. Download your copy today!

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