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Stress Relief: Stress, Anxiety and Depression (Paperback)

By Dr Sophia Canon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.This book is meant for mental health professionals and consumer health readers looking to manage stress - Renee Walker, Author of Stress and Beauty (The physical effects of stress on Beauty and Attractiveness) -Discover how to master stress management for quick stress relief and optimum antidote to anxiety and depression. -Master Your Emotional Response to Stress Using Mindfulness for a Stress Proof Brain. -Effective Relaxation and Stress Reduction techniques. -Step-by-step techniques for calming the body and mind in an increasingly stressful modern world. -Comprehensive stress reduction strategies that can be incorporated practically into even the busiest lives. -Powerful relaxation techniques based on the latest findings in stress relief and stress management. -Learn how to explore your own stress triggers and stress symptoms, and learn how to create a personal plan for stress reduction. -Learn different methods for relaxation and stress reduction. The modern era is stressful and there is no denying it that its killing us. unfortunately, stressors are unavoidable, however, we are able to change how we respond to stress. in this gem of a book, Dr. Sophia...



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