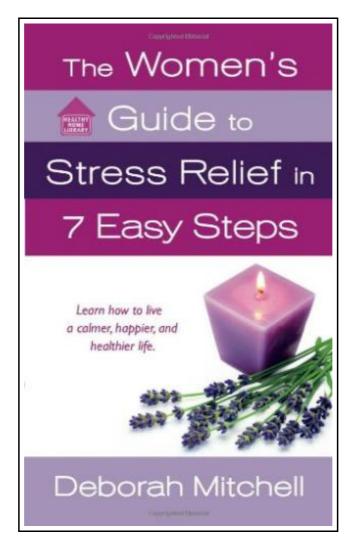
The Womens Guide to Stress Relief in 7 Easy Steps Lynn Sonberg Books



Filesize: 4.26 MB

Reviews

Very useful to any or all group of folks. It really is rally interesting through reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Mrs. Dorris Wintheiser)

THE WOMENS GUIDE TO STRESS RELIEF IN 7 EASY STEPS LYNN SONBERG BOOKS



St. Martin's Paperbacks. Paperback. Book Condition: New. Mass Market Paperback. 240 pages. Dimensions: 6.7in. x 4.1in. x 0.9in.What is stressand how do I manage itWhy is stress different for women than it is for menHow does stress impact my body, mind, and spiritAm I at risk for stress-related health problemsWhat are my treatment optionsHow can I reduce stressnaturallyTHE WOMENS GUIDE TO STRESS RELIEF IN 7 EASY STEPS includes: A COMPLETE STRESS MANAGEMENT PLANSimple, stress-reducing techniques that can help you reduce, manage, and even eliminate stress in your lifeand put you on the path toward peace and calm. Includes checklists for self-examination and tips for avoiding triggers. THE MOST UP-TO-DATE RESEARCHwhat medical professionals have learned about stress: the anatomy and natural process of stress; how it affects you and your health; and why you should find new ways to keep it at bay. STRESS-RELATED HEALTH CAREhow to lower risks to your heart and cardiovascular system, hormones, stomach and digestion, and immune system. DAY-TO-DAY STRESS-BUSTER TIPS for reducing stress levels at home and at workfrom communing with nature, social event-planning, and creative self-expression to breathing therapy, guided imagery, and the most important practice of all: sleep. Dozens of women share their ideas. PROFESSIONAL TREATMENT OPTIONSwhen and where to seek professional assistance, therapy, or medication. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Mass Market Paperback.

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