



Stress Free Living Principles To DE-Stress Your Life Relax, Organize And Manage Your Time Effectively

By Rossie C Pattison

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Chronic stress is a huge problem that has only gotten worse in recent years. The good news is that new research is emerging to help treat stress in more effective ways than ever before. Stress Free Living Principles To DE-Stress Your Life Relax, Organize And Manage Your Time Effectively teach you how to practice exercises for detaching from painful thoughts and feelings and helping their bodies relax and let go of unconscious tension. In this resting state, body and mind can let go of stress and heal naturally. Readers also learn fast-acting mindfulness skills for dissolving stress whenever desired without needing to maintain a long-term meditative practice. In this book, you will also learn: How to live a meaningful life How to cultivate nurturing relationships Identifying key elements that trigger unpleasant responses Assertiveness training How to practice gratitude, acceptance and compassion Worry control Anger management Stress management Stress and anxiety Stress reduction Meditation Goal setting and time management All of these concepts are merged into a practical and exciting journey that has been tested in several scientific studies, with consistently...



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