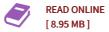


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The Womens Guide to Stress Relief in 7 Easy Steps Lynn Sonberg Books

By Deborah Mitchell

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 stressrelated 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 selfexamination 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 selfexpression to breathing therapy, guided imagery, and the most important practice of all: sleep. Dozens of women share their ideas....



Reviews

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