



Stress Management Guru: Deal with Lifes Challenges and Surprises

By Rebecca Fisher

Speedy Publishing LLC. Paperback. Condition: New. 110 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Life can be stressful beyond belief. People have so many obligations with work, meetings, school and family no wonder they feel so stressed. The best way to deal with stress is with stress management. Stress management can be achieved several ways meditation, reading, prayers and exercise can all help. The key to stress management is to know when you are feeling overwhelmed and taking time to handle it and take care of yourself. Managing stress will help you handle it better. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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