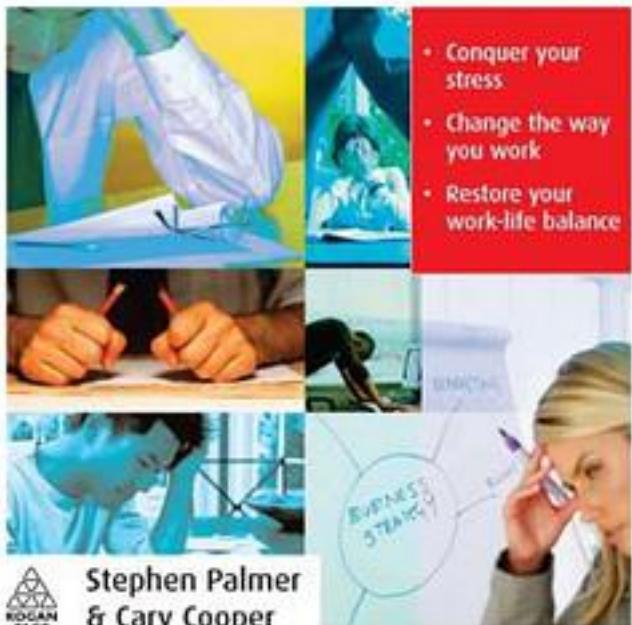


# How to Deal With Stress



## How to Deal with Stress



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Straightforward, easy to read and highly practical, "How to Deal with Stress" puts the reader back in charge of their life and shows how to manage stress calmly and efficiently. Written by two internationally-recognized experts in the field of stress management, the book shows how to identify the underlying causes of stress before setting out a clear plan to manage both the causes of stress and their effects. "How to Deal with Stress" is crammed with invaluable tips on topics such as time management, exercise, nutrition and relaxation techniques. It offers not just a structured plan to manage stress but is also a practical handbook for both home and office, to dip into for quick advice, should the need arise.

作者介绍:

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