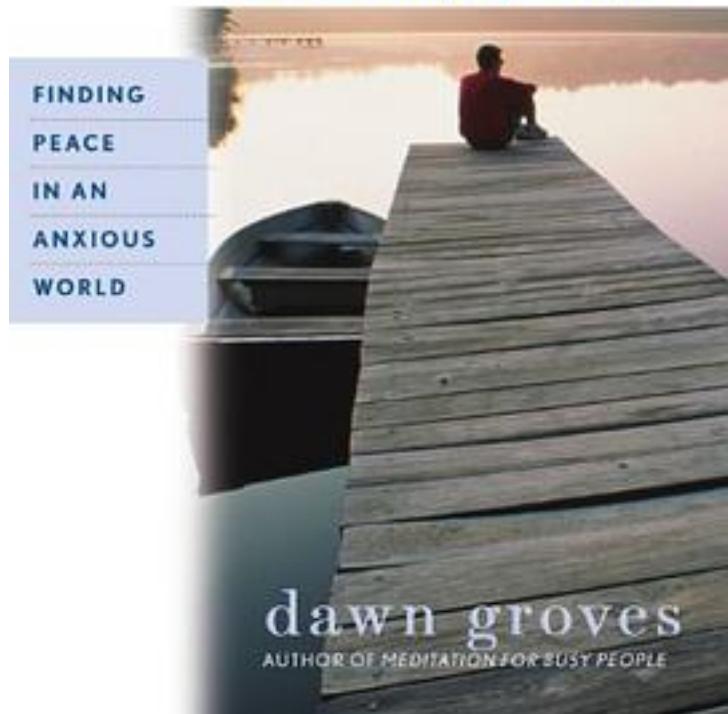


Stress Reduction for Busy People

stress reduction for busy people



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Offering serious information with a light touch, author Dawn Groves shows that by

starting with a few simple changes, anyone can find a few minutes each day to take care of their bodies with exercise, sleep, and good food; their souls with meditation and prayer; and their minds with pursuits that challenge and please. Techniques such as "reframing" and "facts not stories" will help readers understand how to use thoughts to reinterpret events and issues for healthier emotional responses. She demonstrates how a few choices can change old, bad habits into new, good ones and how parents can not only cope with children but also help them become part of the lower-stress solution. Sections include What to Do in a Crisis (move your body, narrow your field, and take action), Mindfulness Tools, and Gratitude as a Resource.

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目录:

[Stress Reduction for Busy People 下载链接1](#)

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