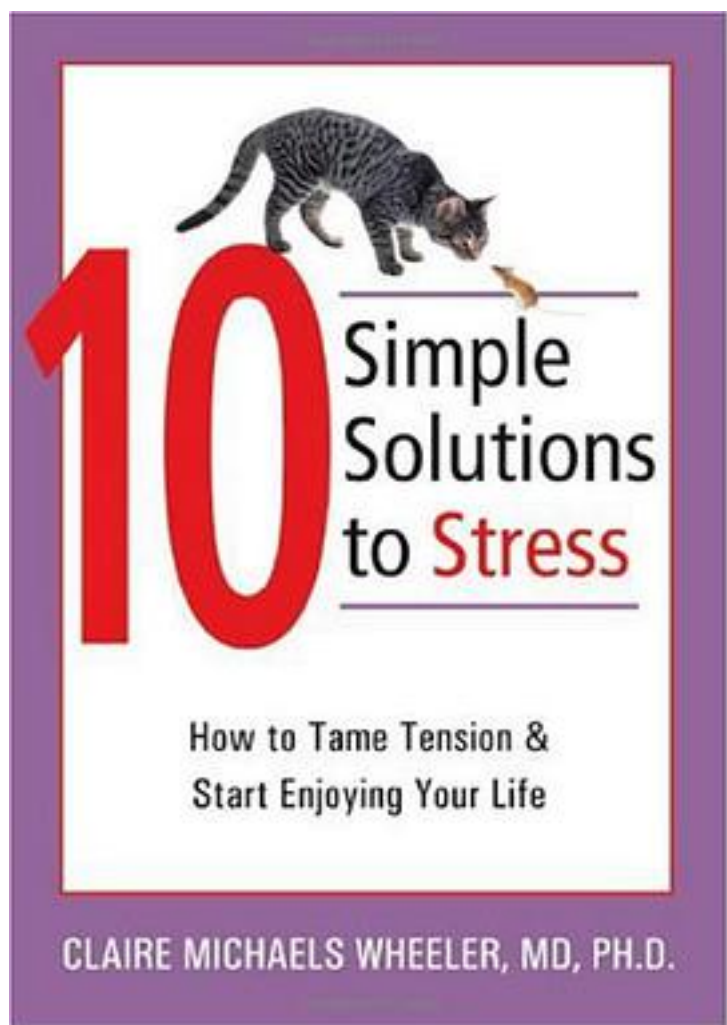


10 Simple Solutions to Stress



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Stress: it's practically the watchword of modern life. We all know we should learn to

manage it. We know that it can shorten our lives, age us prematurely, make us fat. We know it can cause a host of physical and psychological problems, from heart disease to impotence - but we all seem to keep suffering from it. One more thing we all know is that, ultimately, we are responsible for reducing the stress we experience each day. This little book offers ten simple solutions any of us can use to make this important change once and for all. Based on positive psychology, mind-body medicine and cognitive behavioural therapy, the ten solutions in this book take stress management to an unprecedented level of effectiveness. These short assessments, lifestyle enhancement tips and emergency stress rescue techniques help readers to cope effectively with stress and to reduce its frequency in their lives. More than just lowering blood pressure and being generally happier, the techniques in this book can promote physical wellness and foster a greater sense of purpose, joy and fulfillment in every reader.

作者介绍:

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