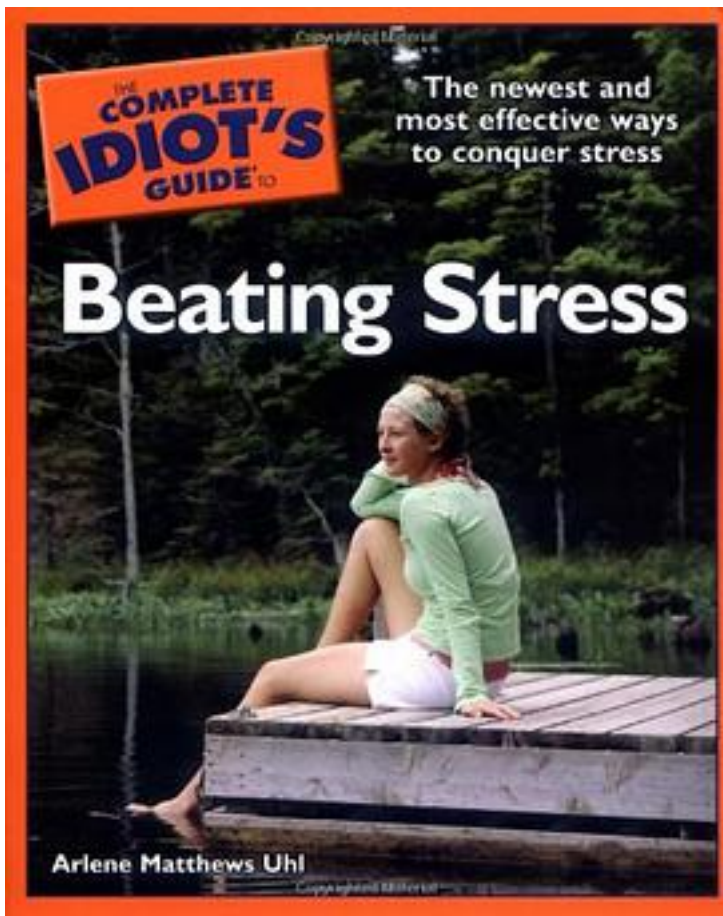


The Complete Idiot's Guide to Beating Stress



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Decompress stress—now!

Stress is one of the most significant factors impacting health and relationships. The Complete Idiot's Guide® to Beating Stress clears a path to actually mastering and

eliminating stress by teaching meditation, visualization, and other techniques; showing how to avoid stressful situations; revealing the impact of diet, exercise, and lifestyle on stress, and more.

- Expert author
- Simple workbook to help readers keep track of progress
- Features the latest, cutting-edge information about stress-reducing methods
- A comprehensive look at traditional and new age techniques

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