

The Little Book of Stress Relief



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Intense stress has become an integral part of how we live. In controlled doses, it helps us perform better, but left unchecked stress can leave us feeling fatigued, helpless and overwhelmed and can lead to any number of health complications. In *The Little Book of Stress Relief*, stress expert Dr. David Posen teaches us how to take back control of our lives and regain a satisfying work-life balance. Dr. Posen proposes that we change our fundamental thinking and lifestyle choices by becoming aware of our behaviour, making informed choices and giving ourselves permission to make the necessary changes in our day-to-day lives. In 52 short sessions, one for each week of the year, Dr. Posen isolates specific causes of stress and provides detailed "prescriptions" for overcoming them, as well as easy-to-follow activities and exercises that will help with everything from getting enough sleep to overcoming procrastination to perfecting the art of prioritizing. You'll also learn how to avoid letting other people's stress rub off on you. *The Little Book of Stress Relief* guides us through making small changes every day, changes that once implemented can have a profound positive effect on the quality of our lives.

作者介绍:

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