

The Everything Stress Management Book: Practical Ways to Relax, Be Healthy, and Maintain Your Sanity

By Eve Adamson

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Let's face it: We're all stressed out. No matter how hard we work or how much time we spend on burdensome tasks, it seems our deadlines only get tighter and we're barely catching our breaths before new obstacles arise causing even greater tension. Will it ever end? *The Everything Stress Management Book* shows that it is possible to achieve your life goals and keep your physical and mental health intact. Beginning with an easy-to-follow quiz that helps you identify your vulnerable areas, the book then takes you step-by-step through the safest, most effective ways to relax, avoid stressors, keep perspective, and live a longer, happier life.

The Everything Stress Management Book also gives you the lowdown on the most popular stress-reduction methods, including:

- Aromatherapy
- Exercise
- Massage
- Meditation
- Proper nutrition
- Tai Chi
- Yoga
- And more

Whether you're frazzled and frustrated at work or at home - or are just plain stressed out - *The Everything Stress Management Book* helps you regain control, find your balance, and face the world with optimism and confidence.

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