

Tools for Handling Stress: A College Student s Guide: High School Graduation Gifts in All Departments; class of 2016 Gifts in Al; Class of 2016 Graduation Gifts in Al; Graduation Gift Books in Al; graduation

By Marie Thellian

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. As you look ahead to college and prepare for the life that lies ahead, you trust you are well equipped and ready. Nonetheless, you make lists of essentials, pack important and meaningful things and try to foresee all the necessary college and life supplies you will need. Add this book to your packing list. Stress is a certainty in life. No matter how well we plan and how well we lay out our lives, stress is always a part of it. Sometimes we see stress adding up in our lives slowly day-by-day and sometimes we simply realize in a moment that stress has become overwhelming. Whether building slowly or arising suddenly, stress has a way of showing up without invitation! Inside this easy-to-read handbook, you will find a stress toolbox, things you can easily and quickly do to help relieve the stress you are feeling. In this book you will find numerous, easy-to-use tactics that can help you manage and rein in the effects stress is having in your life. Discover ways that help you manage life s pressures, face challenges...



Reviews

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