



## Stress: How to Cope at the End of Your Rope (Paperback)

By June Hunt

Rose Publishing (CA), United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. Do you feel like you have reached your breaking point? Stressed out, burnt out, and out of options? Stress can be a monster, but it can also be a motivator. Learn the different stages of stress, how to manage stress, and how transform your perspective of stress today.



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