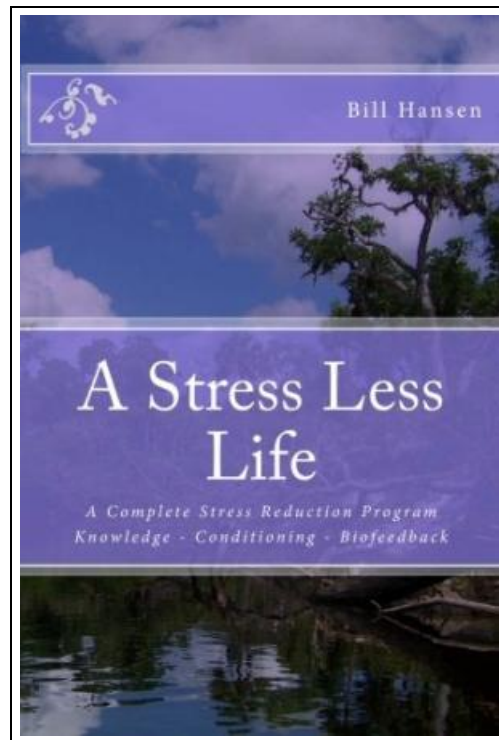


A Stress Less Life



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Reviews

The book is straightforward in go through easier to recognize. it was actually writtern extremely perfectly and useful. I am very happy to explain how this is actually the greatest publication i have read through within my individual life and might be he finest ebook for actually.
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A STRESS LESS LIFE



Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress is a hidden killer. It triggers, aggitates, and creates a host of symptoms and illnesses. Learn what you need to know about the causes, the biological effects, the health consequences - and what you can do to CONTROL STRESS BEFORE IT CONTROLS YOU. The proven stress management strategies and tips that are provided in this insightful book help you to reduce tension and stress build-up. Avoid the anxiety, fear and worry, depression, insomnia, fatigue, and illnesses associated with prolonged stress. Learn and live A STRESS LESS LIFE through this informative book. You get immediate stress reduction in five pages with the Quick Stress Guide. You can evaluate and grade your level of stress through a stress assessment questionairre and a vulnerability scale. Typical stress reactions are also listed along with all of the symptoms of stress so that you know exactly where you stand. The book is divided into ten helpful chapters: 1 Consequences Causes of Stress 2 How Stress Impacts the Body 3 The Three Stages of Stress 4 Effective Stress Strategies 5 The Cognitive Factor 6 Stress Proneness and Nutrition 7 Four Unsuccessful Strategies 8 Job Stress 9 Eight Steps to Stress Relief 10 Simple Ways to Avoid Stress Hansen s Relax Anytime hypnosis conditioning CD is also available that enables you to give yourself doses of relaxation upon command. You can purchase this special CD with dual hemisphere learning, subliminal messages, and Dr. Hansen s voice-effective-relaxation method separately, or get it free with the SRESSERASER biofeedback device! This special offer is only available through the purchase of A STRESS LESS LIFE. Get A STRESS-LESS LIFE today and reduce, control, and eliminate stress buildup right...



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