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The Womens Guide to Stress Relief in 7 Easy Steps Lynn Sonberg Books

By Deborah Mitchell

St. Martin's Paperbacks. Paperback. Book Condition: New. Mass Market Paperback. 240 pages. Dimensions: 6.7in. x 4.1in. x 0.9in. What is stress and how do I manage it? Why is stress different for women than it is for men? How does stress impact my body, mind, and spirit? Am I at risk for stress-related health problems? What are my treatment options? How can I reduce stress naturally? THE WOMEN'S GUIDE TO STRESS RELIEF IN 7 EASY STEPS includes: A COMPLETE STRESS MANAGEMENT PLAN. Simple, stress-reducing techniques that can help you reduce, manage, and even eliminate stress in your life and put you on the path toward peace and calm. Includes checklists for self-examination and tips for avoiding triggers. THE MOST UP-TO-DATE RESEARCH: what medical professionals have learned about stress: the anatomy and natural process of stress; how it affects you and your health; and why you should find new ways to keep it at bay. STRESS-RELATED HEALTH CARE: how to lower risks to your heart and cardiovascular system, hormones, stomach and digestion, and immune system. DAY-TO-DAY STRESS-BUSTER TIPS for reducing stress levels at home and at work: from communing with nature, social event-planning, and creative self-expression to breathing therapy, guided imagery, and the most important practice of all: sleep. Dozens of women share their ideas....



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