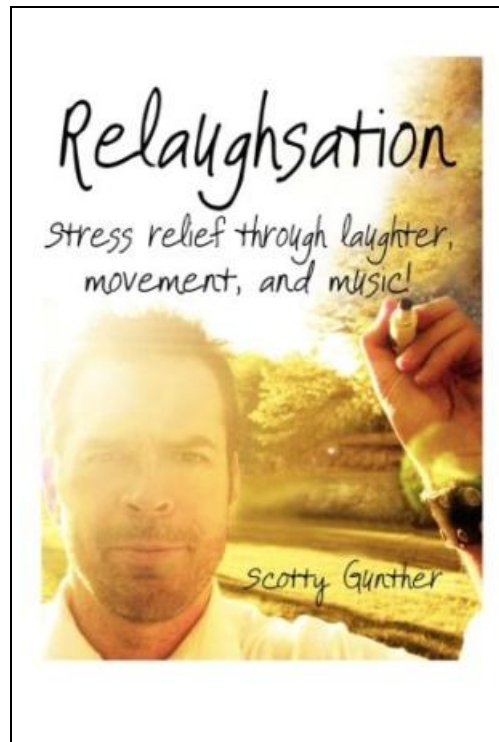


## Relaughsation: Stress Relief Through Laughter, Movement, and Music!



Filesize: 2.83 MB

### **Reviews**

*If you need to adding benefit, a must buy book. It really is writter in straightforward words and phrases and not confusing. You will not feel monotomy at anytime of your respective time (that's what catalogues are for concerning if you ask me).  
(Dr. Celestino Treutel)*

## RELAUGHSATION: STRESS RELIEF THROUGH LAUGHTER, MOVEMENT, AND MUSIC!



Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Life is full of stress! Stress and anxiety is a major cause of lack of productivity, motivation, workplace problems, health wellness, communication issues, and just a general lack of team pride and spirit! During this tough economic downturn, uncertainty, long work hours, multitasking and social media, it s important to manage stress and get relief from anger, frustration, depression and anxiety! With Relaughsation: Stress relief through laughter, moment, and music! Written by comedian, author, speaker and award-winning radio personality Scotty Gunther. You will laugh, be inspired, motivated, and learn how to deal with stress at work and in all areas of your life. First, you will first learn what stress is, and how to manage it with a few simple tips and techniques that will reduce stress by utilizing great music, simple movement, and by unlocking your sense of humor and ability to laugh! For many years, Scotty suffered from stress, anxiety, shyness, and stage fright before he discovered stress reducing secrets, and with the help and knowledge from stress-release experts, life-coaches, certified fitness professionals, hypnotherapists and professional musicians, he created Relaughsation to deal with his own uncertainty, anxiety, and stress! Scotty Gunther wrote this as stand alone book, or as an guide/accompaniment to his amazing, live Relaughsation stress-relief program. Which is available for keynotes, workshops, conventions, business meetings, in-service days, opening or closing speeches or any corporate event. It doesn t matter if you are home alone, or with a roomful of stressed-out co-workers. It s a great time to get motivated, inspired, and feel great and stress-free with Relaughsation: Stress-relief through laughter, moment, and music!.



[Read Relaughsation: Stress Relief Through Laughter, Movement, and Music! Online](#)



[Download PDF Relaughsation: Stress Relief Through Laughter, Movement, and Music!](#)

## See Also



### **Weebies Family Halloween Night English Language: English Language British Full Colour**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and...

[Save ePub »](#)



### **The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save ePub »](#)



### **On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Save ePub »](#)



### **Dog on It! - Everything You Need to Know about Life Is Right There at Your Feet**

14 Hands Press, United States, 2013. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have you ever told a little white lie? Or maybe a...

[Save ePub »](#)



### **The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Tale of Jemima Puddle-Duck - Read it Yourself with Ladybird: Level 2, This is a gentle adaptation of the classic tale by Beatrix Potter. Jemima...

[Save ePub »](#)