



Stress: The Essential Guide

By Frances Ives

Need2Know. Paperback. Book Condition: new. BRAND NEW, Stress: The Essential Guide, Frances Ives, How often do you hear people saying theyre stressed? Is it a 21st century epidemic or just a buzzword? Stress is a wide-ranging term that covers a lot of other emotions, and the fact is that while some people seem to be stressed with everything, plenty of others dont even recognise when they are seriously stressed. Most of us put too much pressure on ourselves to be perfect, to be pleasant, or to satisfy some handed-down beliefs about ourselves. This book includes advice from experts and recent research, as well as practical ways of dealing with stressful situations at home and at work. Its easy to read style shows you how to cope during circumstances of extreme stress and where to get help. There are plenty of self-help tips and ideas as well as suggestions for relaxation techniques and exercise to help you chill out. It might be you who is suffering from stress or it could be someone close to you and this book is here to help. When you are experiencing the worst time of your life, having the tools to cope will help you...



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Very good e book and useful one. it was actually writtern extremely properly and useful. I found out this pdf from my i and dad recommended this publication to discover.

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