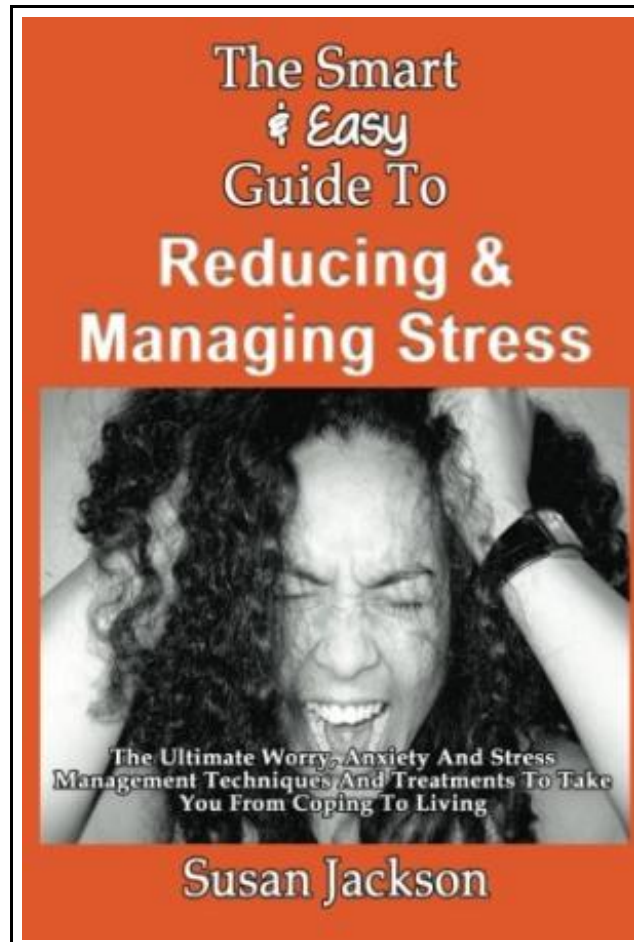


The Smart Easy Guide To Reducing Managing Stress The Ultimate Worry, Anxiety And Stress Management Techniques And Treatments To Take You From Coping To Living



Filesize: 4.61 MB

Reviews

*An extremely great ebook with lucid and perfect explanations. It is full of knowledge and wisdom Its been printed in an exceedingly straightforward way in fact it is merely right after i finished reading through this publication by which really transformed me, alter the way i believe.
(Spencer Fritsch)*

THE SMART EASY GUIDE TO REDUCING MANAGING STRESS THE ULTIMATE WORRY, ANXIETY AND STRESS MANAGEMENT TECHNIQUES AND TREATMENTS TO TAKE YOU FROM COPING TO LIVING

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 44 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. For millions of people around the world, coping with worry, stress management and anxiety treatment are very real and very big issues in their lives. Stress is the cause of a variety of ailments, from true physical problems like increased immune deficiency, heart problems, high blood pressure, weight problems and more. What's more, the psychological issues that excessive stress cause are responsible for millions of filled prescriptions, drug and alcohol dependencies and broken relationships year after year. The excellent guide, *The Smart and Easy Guide To Reducing and Managing Stress: The Ultimate Worry, Anxiety And Stress Management Techniques And Treatments To Take You From Coping To Living*, provides real world, easy-to-follow advice on how to identify and manage stress. Jackson makes great arguments for the huge problem coping with worry, stress management and anxiety treatment poses to our society, including: Poor health problems Negative interpersonal relations Drug and alcohol dependency Difficulties with managing job responsibilities Financial issues Suicide He notes that much of the stress we face is self-induced, meaning that we put that stress and pressure on ourselves - though this makes it no less real or potentially harmful. We all know how unhealthy and devastating stress can be, but we often fail to see our own culpability in our coping with worry, stress management and anxiety treatment. We are often responsible for our excessive burdens such as: Overworking at our jobs Too many after work commitments Toxic interpersonal relationships Expecting perfection He advocates taking account of our life stressors and determine what we do and do not have control over. Once we do this, we can work on changing those things we do have control over,...

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