



Stress Destroyers: Simple Techniques That Work

By Graham Alexander

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Powerful, effective and easy to implement, Stress Destroyers - Simple Techniques That Work does exactly that - it provides over eighty methods to deal with both acute and chronic stress. Containing easy explanations and information geared to not weigh down the reader, but help them understand how to remove stress easily. Stress is an ever present part of our modern lives. For the majority of people it is an expected and accepted part of lifestyle and working practices. It doesn't seem to matter who you are whether you are the boss, a waiter, an engineer, an accountant, a chef or a teacher, stress can and does attack us all at different times. Most people will suffer from the negative effects of stress during difficult times and if not dealt with correctly these begin to fester and negatively impact on our professional and personal lives. Stress can turn a good relationship into a painful breakup, or a promising career into a relentless daily grind if left unchecked. Stress Destroyers - Simple Techniques That Work by Graham Alexander has...



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