



Stop Stress Without Overeating: Breaking Free to a Peaceful Mind: 30 Stress Days 30 Insight Solutions

By Patricia a Ronzio Med

New Paradigm Wellness Publishing, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Does persistent stress leave you tense, upset and tempted to overeat? In this second volume of the Busy Women Stress Less Series, Breaking Free to a Peaceful Mind, Patricia Ronzio, MEd, encourages women to embrace their creativity and discover permanent solutions to chronic stress at home or at work. In 30 Stress Days - 30 Insight Solutions she shows you how creative problem solving and the insight-empowered stress management system can help counter negative self-talk, strengthen personal boundaries and elevate self-esteem. Patricia's encouragement and her no mistakes, only opportunities approach can empower your insights to stop worn-out thinking and self-limiting attitudes in chapters such as, Healthy Relationships: How to Say No!, Managing Stress and Multi-tasking: Are you a Duck or a Tuna? and How to Stop Self-criticism: Lessons from a Twin Sister. With over 15 years of experience as a Life Coach and a corporate wellness director, Patricia uses real life examples to show how she used insights to manage stress, build healthy relationships and create personal happiness. You can too! The Busy Women...

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