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10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life

By Claire Michaels Wheeler

New Harbinger Publications, United States, 2007. Paperback. Book Condition: New. 185 x 132 mm. Language: English . Brand New Book. Powerful Tools for Dealing with Stress. We all struggle with it. We know it can shorten our lives, age us prematurely, make us fat—yet we can't seem to escape it. One more thing we know is that, ultimately, we're the only ones who can stop stress from taking over our lives. So what are you waiting for? This little book offers ten simple solutions you can put into practice right now to reduce stress. Based on positive psychology, mind-body medicine, and cognitive behavioral therapy, the ten simple solutions in this book offer powerful antidotes to stress. These practices and stress-rescue techniques will help you to cope effectively with stressful moments throughout your day. Try them and, in no time at all, you'll start enjoying better health and a balanced, more fulfilling life. Stress is like the weather. Everyone talks about it, but no one does anything about it. That can change if you read this book and take its lessons to heart. The author is an expert in physical and psychology well-being, and she knows what she is...



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