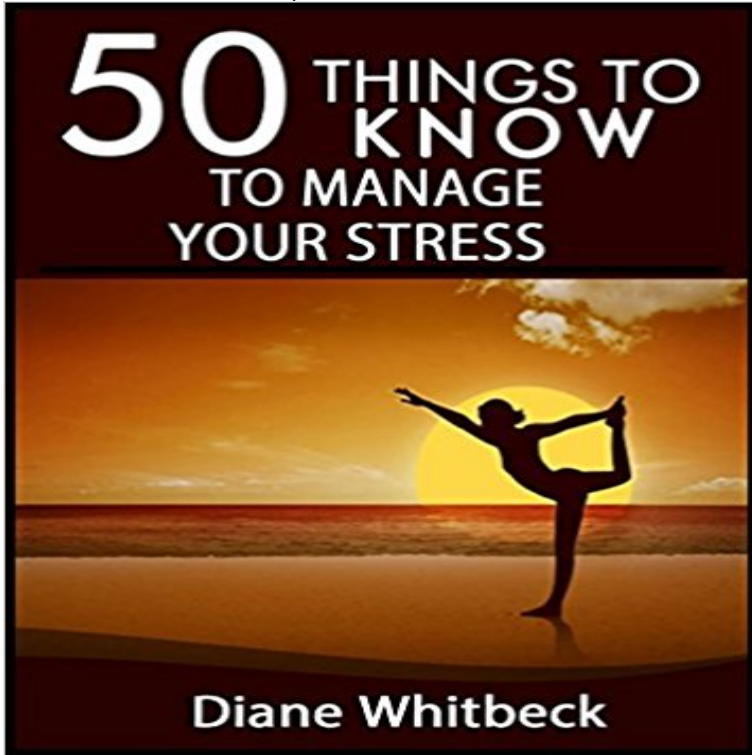


# 50 Things to Know to Manage Your Stress: Relieve The Pressure and Return The Joy To Your Life



Do you experience high levels of anxiety and worry a lot? Do you have trouble falling asleep at night because you can't stop thinking of all of the things that are troublesome in your life? Do you have a job, career or social life that causes you an undue amount of stress? If you answered yes to any of these questions then this book is for you.... 50 Things to Know to Manage Your Stress by Diane Whitbeck offers an expert's hands-on approach to understanding and managing your stress. Most books on managing stress tell you to focus on little tricks outside yourself to manage your stress. Although there's nothing wrong with that, there are some other things that you should know in order to accomplish your goal of living a stress-free life. Based on knowledge from world experts and leading scientific research, as well as my own experience as a personal coach. In these pages you'll come to understand the nature of stress, how it originates and where it resides in your body, as well as learning tips and tricks for managing your stress, so that you will be able to translate these tips and tricks into the actions that will allow you to achieve your goal of managing your stress.

This book will help you understand the origination of stress better so that you can avoid the generation of stress in the first place. By the time you finish this book, you will know how the generation of stress works and you will have learned many ways to cope with stress once it occurs. So grab YOUR copy today. You'll be glad you did.

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