



Instant Stress Relief: Instant Stress Relief Techniques to Help You Find Peace (Paperback)

By Joy Walker

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Instant Stress Relief Techniques to Help You Find Peace Are You Feeling Stressed, Overwhelmed or Full Of Anxiety? Well You re Not Alone! That s Why I Wrote Instant Stress Relief .to Give You Real Stress Relief Techniques that Will Help You Lead a Stress Free Life! Stress and anxiety can take over you life and leave you helpless and burned out!.Worse yet.if you don t do something about your stress.it can eventually take over your life and dictate how you live! Studies now show us that stress and anxiety contribute to at least 80 percent of all illnesses! Over 19 million people in the US alone are damaged by the effects of stress. but they don t have to be. There are ways you can get Instant Stress Relief whether your at home, at work, on a date, or any other life situation. You can even make stress work FOR you instead of against you. Here is just a sample of what you will learn: - Why are you so stressed out? - Blocking behaviors that are keeping you stressed - Stress...



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