



Stress Free: 7 Steps to a Pain Free Life (Paperback)

By Cristina Abate

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. ***** FREE BONUS INSIDE ***** Discover How to Live a Stress Free Life You are about to learn proven steps and strategies on how to get rid of stress and how to make changes in your life so stress can t get in. Everyone at some stage suffers from stress. Most people realize the problem, but have been unable to find the solution. The truth is, if you are suffering from stress it is because you do not know what to do. This book will teach you how to get rid of stress easily and quickly. Here is a Preview of What You Will Learn. What is stress? Good stress and bad stress The effects of stress on your health The beauty about life is that you have choice Be yourself and learn to say NO Stop trying to please everyone A no is a yes to a happy life Fix your social behavior Avoid over commitments Be independent Don t expect much from others Avoid the blame game Be assertive Minimize the distractions Manage smartly Value your time Avoid multi-tasking Understand the importance of your life and set priorities Keep it simple Don t rush A comparison free life is...



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