



## This Book Will Make You Calm

By Jessamy Hibberd, Jo Usmar

Quercus Publishing. Paperback. Book Condition: new. BRAND NEW, This Book Will Make You Calm, Jessamy Hibberd, Jo Usmar, Life in the 21st century is tough - new technology, constant change, more choice and extra pressure all add to our stress levels. And when you're stressed or tired your insecurities increase - so breaking that cycle feels impossible. But help is at hand: this book will show you how to beat stress and become more positive, relaxed and productive. Dr Jessamy Hibberd and Jo Usmar draw on the latest cognitive behavioural therapy (CBT) research to show you how to develop coping strategies and learn practical techniques to deal with stress and anxiety quickly and effectively. From reducing worry and boosting energy to breathing and mindfulness techniques, this helpful little book will make your life more serene, stress-free and fulfilled. Chapters include: Relaxation exercises, Work-life balance, Eating well, Exercise and fitness, Stress management, Dealing with anger, Overall health, Overcoming anxiety.

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