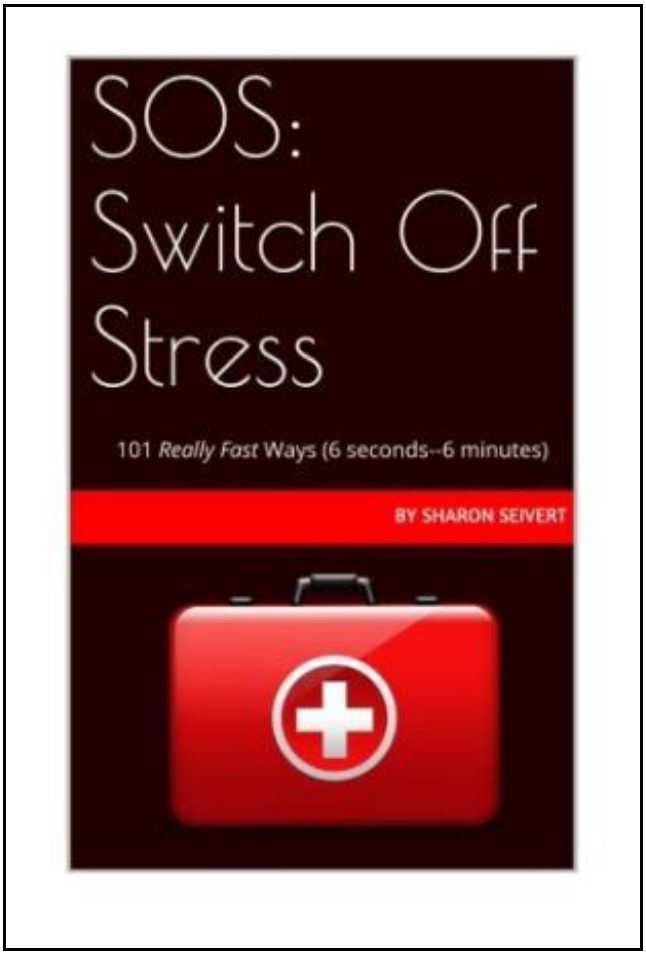
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Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

SOS: SWITCH OFF STRESS: 101 REALLY FAST WAYS



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Does distress cause you anxiety or contribute to physical pain, ill health or unhappiness? Medical research proves that 80 of illness is caused--or made worse--by excessive, toxic stress . If this silent killer is harming you, choose to SWITCH OFF STRESS instead! SOS: Switch Off Stress is a practical book that provides 101 Fast Ways to stop distress before it harms you. (All techniques are from 6 seconds to six minutes.) This book contains hundreds of references to easy instructional videos, audios, websites and other excellent resources that will help you regain your good health and sense of happiness, well-being and balance. This print version of SOS has an accompanying web site with direct links to all the resources it references (go to // links). SOS is based on the global template for balance and well-being, i.e., the center and the four directions. To learn more about SOS and/or to discover which one of six possible kinds of stress most adversely affects you, take the Free Stress Quiz at THE PROBLEM: You probably KNOW that you re stressed and have heard all the dire warnings about what could happen if you ignore this problem. However, you re also likely to be discouraged because stress relief activities take too much time out of your already-packed days. So, you may wind up not doing ANYTHING at all-why? Because you re already too stressed!! In fact, it may feel as if beating distress is an all or nothing game you keep losing because you re missing some key information about how to play and win. TO THE RESCUE! SOS serves as a rapid response team that helps rise to the challenge...

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