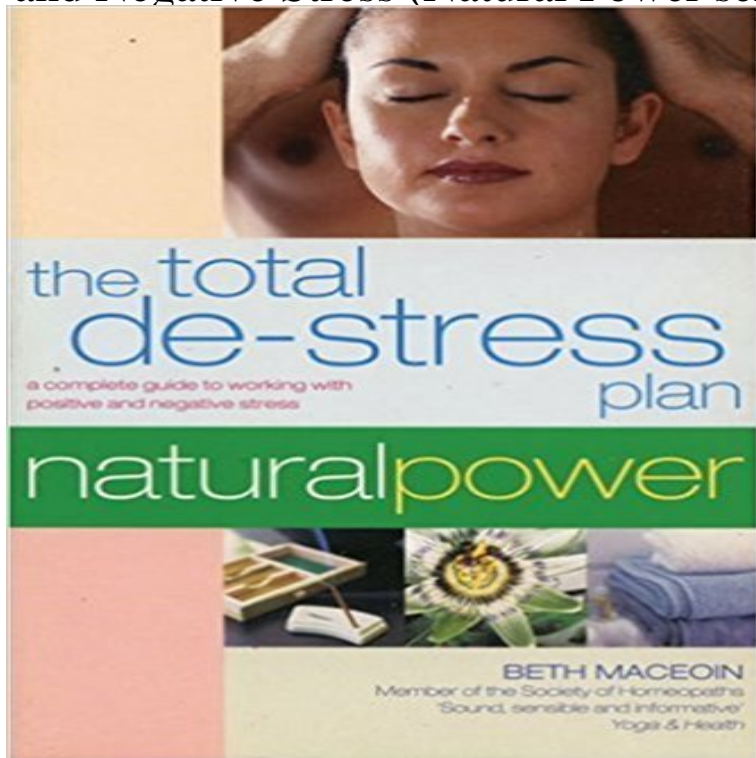


The Total De-Stress Plan: A Complete Guide to Working with Positive and Negative Stress (Natural Power series)



This guide looks at the common causes and symptoms of excessive stress, and with a series of proven remedies and exercises, helps you to better manage stress. Explore techniques that help you to take control and defuse stress; understand how to turn self-sabotage into self-motivation; learn how to break the cycle of bad eating and drinking habits; identify harmful and helpful foods; follow calming exercise techniques; and discover therapies that combat stress-related symptoms.

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