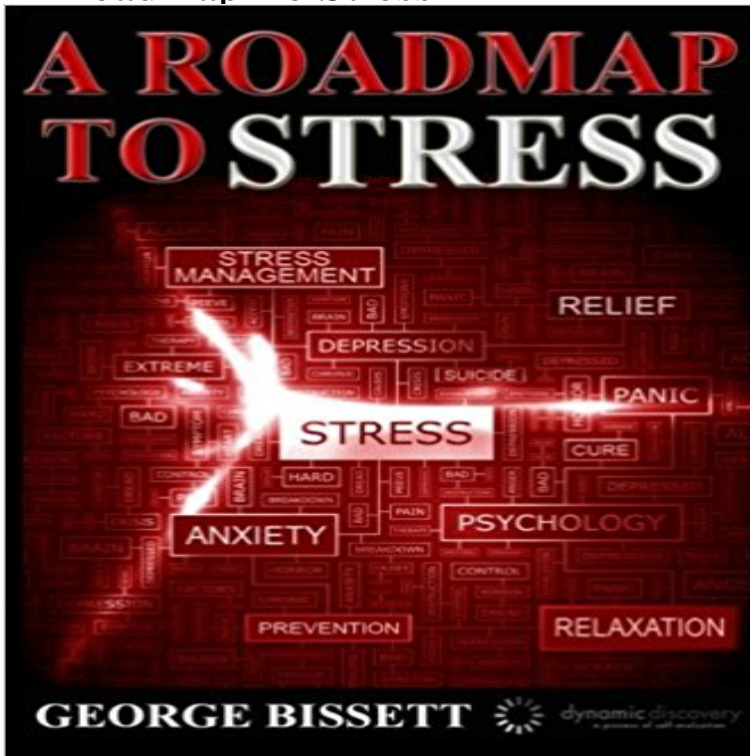


# A Roadmap To Stress



This is the last book on Stress that you will ever need to buy. Let me explain I have worked with troubled people for the past 25 years and they dont come to me for coaching, or to attend my workshops, for no reason at all. And, no matter the reason it always has at least one component of stress. Heres what you will find in this book: Stress management techniques, suicide prevention strategies, stress reduction tips, relaxation techniques and dealing with depression, anxiety and stress relief. Stress is the wear and tear our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create poor or negative feelings. Stress will help or hinder us, depending on how we react to it: stress can help compel us to action; it can result in a new awareness and an exciting new perspective. it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. with the death of a loved one, birth of a child, job promotion, or a new intimate relationship, we experience stress as we readjust our lives Anything that causes CHANGE IN YOUR DAILY ROUTINE is stressful. Anything that causes CHANGE IN YOUR BODY HEALTH is stressful. IMAGINED CHANGES are just as stressful as real changes. Are you sick of stress? What are you waiting for then?Buy this book and lets beat stress together

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