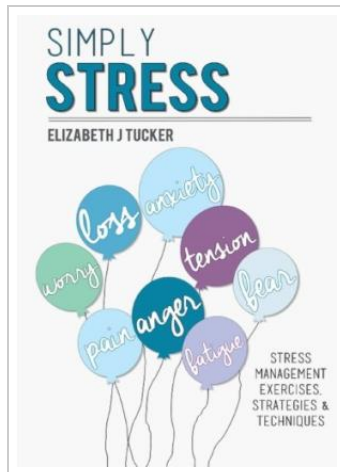




Simply Stress: Stress Management Exercises (Paperback)

By Elizabeth J. Tucker

Shepherd Creative Learning, United Kingdom, 2014. Paperback. Condition: New. Cassandra Torrecillas (illustrator). 2nd Revised edition. Language: English . Brand New Book ***** Print on Demand *****.We would all like to get rid of stress due to the way it makes us feel. Pressure and stress are not the same thing. Pressure is a pivotal part of life; while stress is the big, bad wolf we all want to avoid. Simply Stress is a compilation of over 170 stress relief suggestions. Each of the exercises, strategies and techniques in this book is intended to provide you with short bursts of respite from pressure or stress. I realise that quick fixes aren't long-term solutions. If your stress level is mild a quick fix might be all you need. At other times a quick fix will buy you some time and head space to make longer-term plans. Every small step you take will help. If just one message or exercise in this book makes you feel better then it's been worth the investment. The better you feel the more committed you will become to managing your stress level.



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