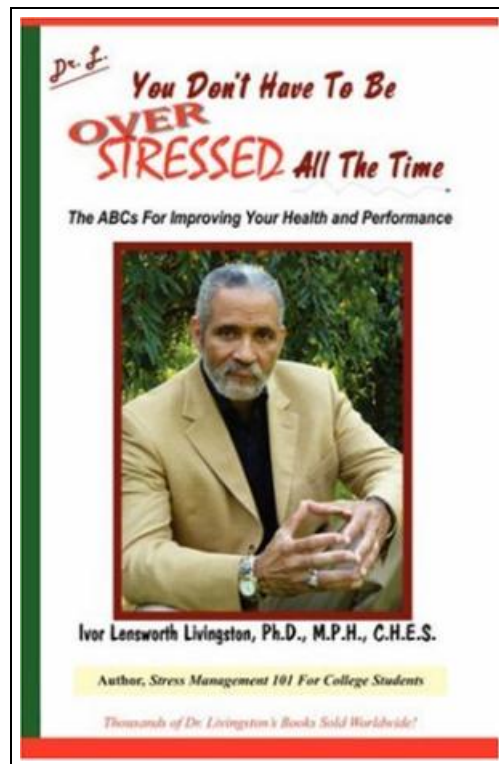


You Don t Have to Be Over Stressed All the Time: The ABCs for Improving Your Health and Performance



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YOU DON T HAVE TO BE OVER STRESSED ALL THE TIME: THE ABCS FOR IMPROVING YOUR HEALTH AND PERFORMANCE

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Outskirts Press, United States, 2006. Paperback. Book Condition: New. 216 x 140 mm. Language: English Brand New Book ***** Print on Demand *****.Can You Manage or Tame Your Stress Tiger At Home, Work and Related Places? If NO, This Book Is For You! You Don t Have To Be Over Stressed All The Time is a reservoir of basic, or ABC, information on stress and stress management. It is written mainly for persons who are at risk to be over stressed. Being unduly stressed can lead to poor health and low levels of productivity. Appealing features of the book include the following: ? An easy-to-read, or ABC, approach including complementary illustrations; ? A descriptive analogy made between stressors and potentially ferocious tigers; ? A presentation format that follows Dr. Livingston s simplified, 3-Step, I-R-M Approach to Stress Management; and ? Exercises and related information are conveniently placed throughout the book and in the Appendix. What Others Have Said About The Book ? Stress Management is very critical in today s world given the fast pace and challenges being faced. Dr. Livingston has provided invaluable tools in this must read book. Horace G. McCormack, President/CEO, HGM Management and Technologies, Inc., Washington, D.C., U.S.A. ? Dr. Livingston has taken a common, if somewhat complex, psychosocial issue like stress, analyzed it, and laid it out in small, easily digestible pieces most will enjoy reading J. Jacques Carter, MD, MPH, Physician and Medical Consultant, Boston, Massachusetts, U.S.A. ? Stress overlooked can cause a plethora of preventable diseases. Dr. Livingston s book is one of the most comprehensive yet solution-oriented writings.a must-read for those interested in improving their overall health and well-being. Yusef Battle, CEO, The Fit Solution, American College of Sports Medicine Registered Clinical Exercise Physiologist, Washington, D.C., U.S.A.



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