



A Stress Less Life

By Bill Hansen

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Stress is a hidden killer. It triggers, aggitates, and creates a host of symptoms and illnesses. Learn what you need to know about the causes, the biological effects, the health consequences - and what you can do to CONTROL STRESS BEFORE IT CONTROLS YOU. The proven stress management strategies and tips that are provided in this insightful book help you to reduce tension and stress build-up. Avoid the anxiety, fear and worry, depression, insomnia, fatigue, and illnesses associated with prolonged stress. Learn and live A STRESS LESS LIFE through this informative book. You get immediate stress reduction in five pages with the Quick Stress Guide. You can evaluate and grade your level of stress through a stress assessment questionnaire and a vulnerability scale. Typical stress reactions are also listed along with all of the symptoms of stress so that you know exactly where you stand. The book is divided into ten helpful chapters: 1 Consequences Causes of Stress 2 How Stress Impacts the Body 3 The Three Stages of Stress 4 Effective Stress Strategies 5 The Cognitive Factor...



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