



Stress Free Living: Tips and Tricks to Shedding the Stress and Enjoy Stress Free Life (Paperback)

By Charles Johnson

Lulu.com, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It does not matter if you are a student, a parent, working, or any mix of the three, you have stress. The stress of being places on time, of making sure other people are on time, of meeting deadlines, paying bills, doing your job, or even finding a job can take a toll on you, which means it take a toll on your health. When you are stressed, everything seems to fall apart, which only makes things worse! Stop the cycle right now. Manage your life so that you are less stressed, have more time to enjoy your day, your family and your life without being a prisoner to stress and the anxiety that it causes. Stop letting stress rule your life and take your life back. This book will give you the tips, tricks and insider info that will let you shed the stress and live life on your terms.

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