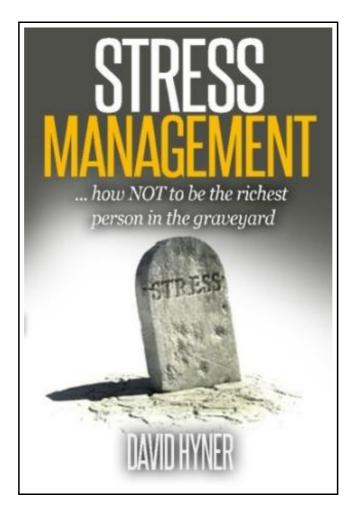
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(Dorothy Daugherty)

STRESS MANAGEMENT: HOW NOT TO BE THE RICHEST PERSON IN THE GRAVEYARD (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This stress management ebook gives you the confidence, knowledge and skills to not only manage stress but prevent it in the first place! Using techniques around autogenics (head to toe relaxation) and anger management, this will give you all you need to reduce stress, relieve stress and deal with stress and anxiety. Relaxation is easy to talk about but hard to do when you are already stressed, so this ebook gives you the causes, consequences and pointers to identify your areas of stress, and then offers simple, easy to use techniques to reduce anxiety and tension that have been taught to the author and researcher (David Hyner) during his 160+ research interviews with top achievers. They have shared the ways in which they reduce stress, relieve stress and deal with anxiety and nerves. The relaxation techniques shared in this ebook are delivered to thousands of people each year in our live workshops, talks and seminars, presented to corporate teams, teachers and students alike. Everything shared in this ebook is simple and easy to apply, including the autogenics exercises that you can do yourself to not only enable stress management, but actually prevent stress! Anger management can be a touchy subject for many who experience it, and their loved ones and work colleagues. A few simple exercises such as anchoring and deep breathing can make HUGE dents in the effects of anger. If you think a little relaxation would help you to relieve stress, reduce stress and deal with stress once and for all, this is the ebook for you. Hundreds of chief executives have used these techniques in our CEO group workshops and most have found relaxation...

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