



Handle Stress: Learn How To Manage Your Stress And Take Charge Of Yourself (Pocket Manager Books)

Kate Keenan

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Do you find yourself with too much to do and not able to think straight?

Everyone is under stress. This usually takes the form of mental or physical tension you would rather not have. Once you understand how stress could be affecting your life, you can move on and find practical and powerful ways of handling it.

When you have read this book...

- you will understand the signs and symptoms of stress
- you will be able to identify aspects which cause stress
- you will know how to handle your stress both immediately and on a permanent basis

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Louis Hartford:

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