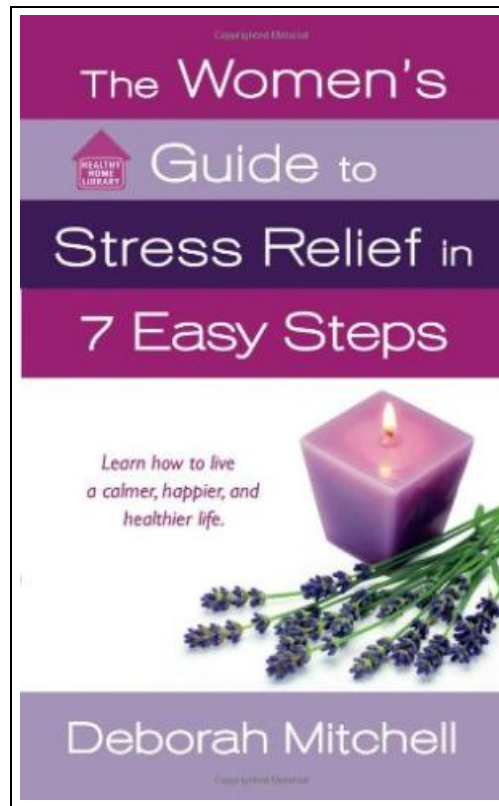


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St. Martin's Paperbacks. Paperback. Book Condition: New. Mass Market Paperback. 240 pages. Dimensions: 6.7in. x 4.1in. x 0.9in. What is stress and how do I manage it? Why is stress different for women than it is for men? How does stress impact my body, mind, and spirit? Am I at risk for stress-related health problems? What are my treatment options? How can I reduce stress naturally? THE WOMENS GUIDE TO STRESS RELIEF IN 7 EASY STEPS includes: A COMPLETE STRESS MANAGEMENT PLAN Simple, stress-reducing techniques that can help you reduce, manage, and even eliminate stress in your life and put you on the path toward peace and calm. Includes checklists for self-examination and tips for avoiding triggers. THE MOST UP-TO-DATE RESEARCH what medical professionals have learned about stress: the anatomy and natural process of stress; how it affects you and your health; and why you should find new ways to keep it at bay. STRESS-RELATED HEALTH CARE how to lower risks to your heart and cardiovascular system, hormones, stomach and digestion, and immune system. DAY-TO-DAY STRESS-BUSTER TIPS for reducing stress levels at home and at work from communing with nature, social event-planning, and creative self-expression to breathing therapy, guided imagery, and the most important practice of all: sleep. Dozens of women share their ideas. PROFESSIONAL TREATMENT OPTIONS when and where to seek professional assistance, therapy, or medication. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Mass Market Paperback.



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