



Stress Management Techniques (Paperback)

By Anthony Ekanem

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There is no exact measure or definition of stress but it is generally defined as the physical and normal response of body to things that makes them feel worried and bothered. Stress affects individuals differently, the same way individuals view stress in different ways. It is true that stress is already part of life and it can strike at any point in one's life. Though stress can happen inevitably, many individuals still desire not to allow stress rule their entire system. It is for this reason that individuals make stress resolution to finally get over this unwanted feeling. Before individuals make resolutions they tend to look back the previous years and determine if things went out the way they should be. Individuals start to make resolutions to resolve weight problems, eliminate stress and more. Stress resolutions are made by individuals who no longer want to be tied with this bothering feeling. When one makes a resolution, they begin to envision a new year where things will fall into place. Embracing these resolutions is synonymous to making commitments and...

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