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100 Essential Steps to Less Stress and Anxiety (Paperback)

By Angela Coldwell

Booksurge Publishing, United States, 2008. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Angela Coldwell shares her top 100 tips to promote a more relaxed, balanced and healthy approach to life. The tips are a combination of effective affirmations and self-help techniques to help you: -overcome anxiety -control panic attacks -reduce stress -remain calm and keep things in perspective -change your thoughts in order to conquer your fears -stop your past from controlling your present -regain lost self-esteem This quick, practical, easy to read handbook is a powerful tool for anyone whose quality of life has diminished as a result of anxiety or stress. When ever you feel overwhelmed or anxious, just open the book and remind yourself of the facts that will help you put things back into perspective. A great resource filled with easy exercises that work!.



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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

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