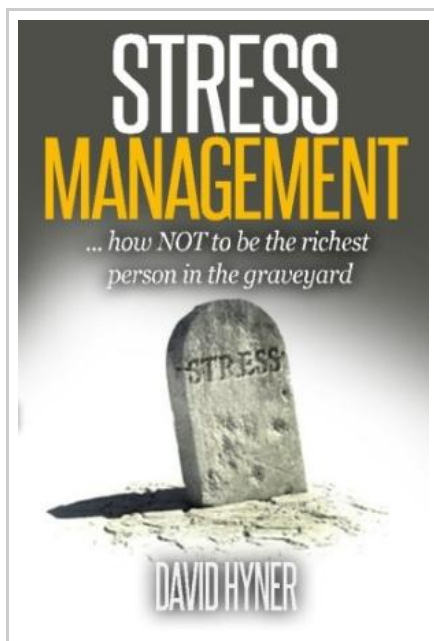




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Stress Management: How Not to Be the Richest Person in the Graveyard

By MR David Hyner

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...



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