

Stress How To De Stress Without Doing Less

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Stress is a growing problem in modern life, with three out of five visits to the doctor attributed to stress-related problems. Why wait for burnout? Find out how stress works, what can be done about it, and how to avoid it. This clear and helpful guide examines the symptoms and causes of stress while emphasizing that being stressed is not a ... -

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Stress: How to de-stress without doing less! Whoever you are, and whatever you are trying to pack into your life, stress is likely to be an issue you face regularly. It affects us all - young or old, male or female.

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Debunking the myth that you have to clear your calendar to feel less stressed, Dr Kate Middleton provides tried-and-tested techniques for handling this challenge effectively. Because handling stress well will help you feel better and achieve more, even if it won't make you super(wo)man. Whether you are experiencing acute stress now or sometimes feel on the brink of a burn-out, Dr Middleton will equip you to cope better and to be at your best, whatever life throws at you.

Stress: How to De-stress without Doing Less by Dr. Kate ...

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