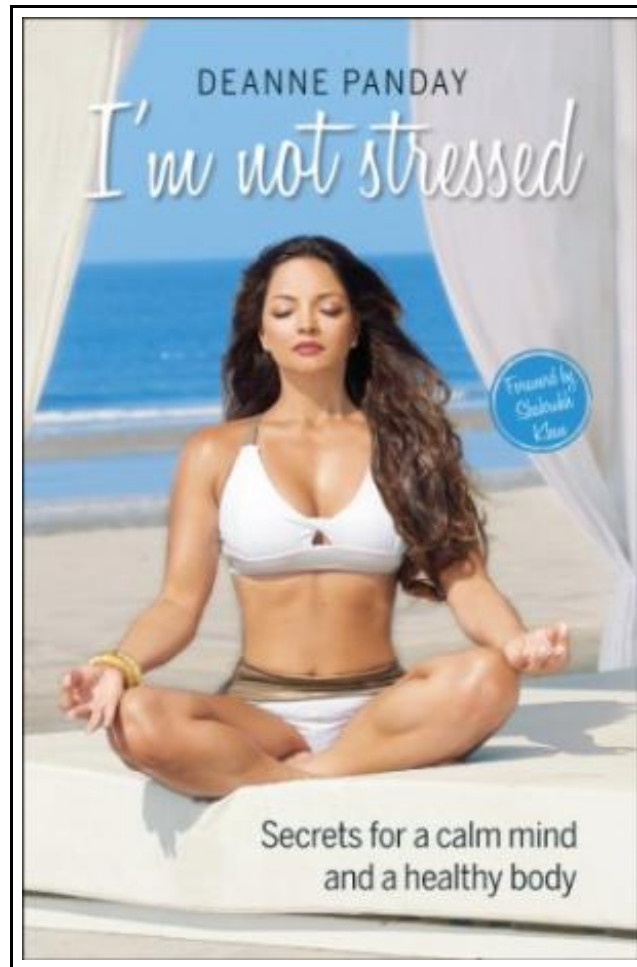


I'm Not Stressed: Secret for a Calm Mind and a Healthy Body



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I'M NOT STRESSED: SECRET FOR A CALM MIND AND A HEALTHY BODY



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Random House, India. Paperback. Book Condition: new. BRAND NEW, I'm Not Stressed: Secret for a Calm Mind and a Healthy Body, Deanne Panday, The workplace has become increasingly competitive, family life has its never-ending complications, and when you step outside, you have to deal with heavy traffic, aggression, and massive pollution. No wonder that you're tense and agitated, have hyper reflexes and blood pressure that's higher than the midday sun. But you're not alone. Fifty percent of Indian professionals suffer from stress with stress-related diseases from depression to lack of fertility drastically on the rise. In I'm Not Stressed, Deanne Panday, one of the country's leading health and fitness experts, shares with you her secrets to tackle this looming lifestyle problem. She tells you what stress really means, how to know when you have a serious case of it, and most importantly how to deal with it with through a simple plan of diet, exercise, sleep, meditation, and breathing. With advice from leading psychiatrists, cardiologists, endocrinologists, and celebrities who have to deal with high-level stress, I'm Not Stressed is your mantra for enduring health and happiness.



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