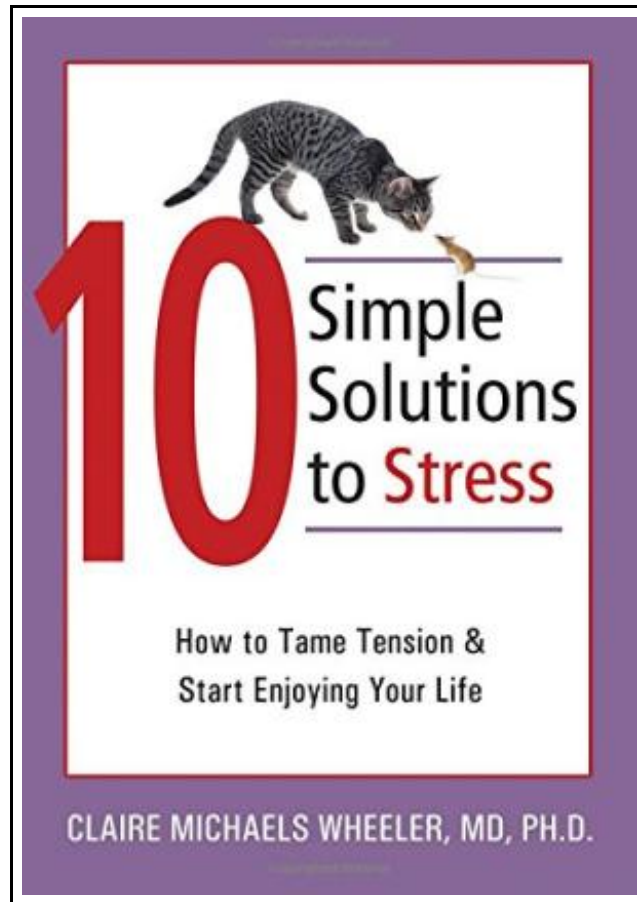


## 10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life (Paperback)



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## 10 SIMPLE SOLUTIONS TO STRESS: HOW TO TAME TENSION AND START ENJOYING YOUR LIFE (PAPERBACK)



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New Harbinger Publications, United States, 2007. Paperback. Book Condition: New. 185 x 132 mm. Language: English . Brand New Book. Powerful Tools for Dealing with StressStress. We all struggle with it. We know it can shorten our lives, age us prematurely, make us fat-yet we can t seem to escape it. One more thing we know is that, ultimately, we re the only ones who can stop stress from taking over our lives. So what are you waiting for? This little book offers ten simple solutions you can put into practice right now to reduce stress.Based on positive psychology, mind-body medicine, and cognitive behavioral therapy, the ten simple solutions in this book offer powerful antidotes to stress. These practices and stress-rescue techniques will help you to cope effectively with stressful moments throughout your day. Try them and, in no time at all, you ll start enjoying better health and a balanced, more fulfilling life. Stress is like the weather. Everyone talks about it, but no one does anything about it. That can change if you read this book and take its lessons to heart. The author is an expert in physical and psychology well-being, and she knows what she is talking about. Her good sense shows through on every page, and the book abounds with concrete suggestions not only about how to manage stress but more importantly about how to thrive. I highly recommend 10 Simple Solutions to Stress. -Christopher Peterson, Ph.D., professor of psychology and former director of clinical psychology training at the University of Michigan and author of Character Strengths and Virtues and A Primer in Positive Psychology If Dr. Wheeler s 10 Simple Solutions to Stress could be put into a pill, it would be prescribed in record numbers. This book teaches a set of skills that...

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