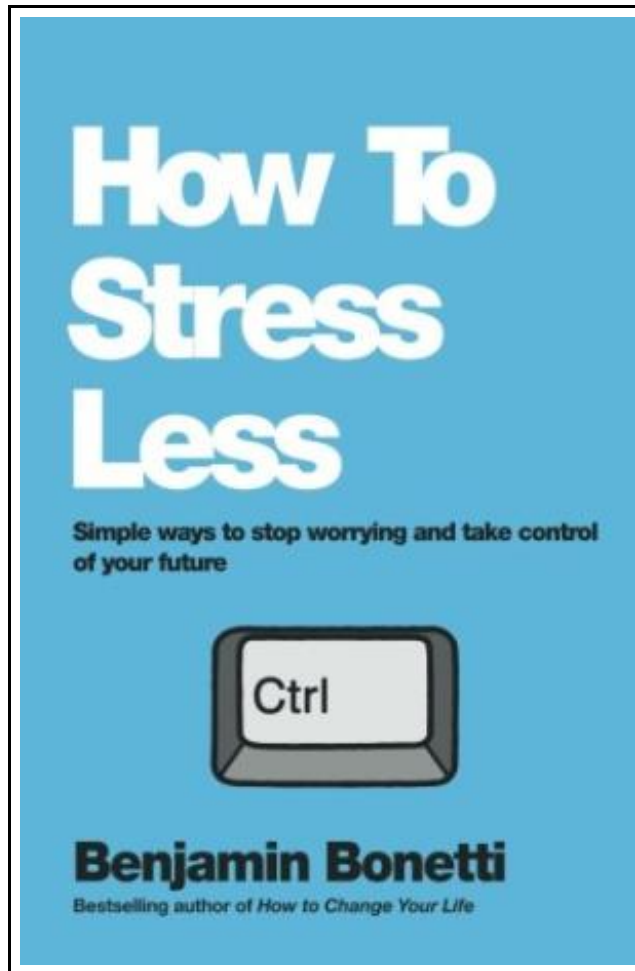


## How to Stress Less: Simple Ways to Stop Worrying and Take Control of Your Future



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John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, How to Stress Less: Simple Ways to Stop Worrying and Take Control of Your Future, Benjamin Bonetti, Say goodbye to stress for good! It s a fact - stress kills! Yet, so many of us find ourselves stressed out, day to day. However, if you are feeling anxious, find it hard to relax or perhaps struggle to get rid of that constant mental ache, let celebrated life-coach and mentor Benjamin Bonetti show you how to chill. In his latest title, How To Stress Less, Benjamin shows you how to combat stress by taking action and intentionally rejecting it when it rears its ugly head. How To Stress Less provides you with an easy to follow guide to help you effectively release and manage everyday stress that can seriously affect your health. Benjamin does not promise to wave a magic wand to make your troubles disappear. Rather, he addresses the impact of stress and helps you deal with deep-seated issues surrounding common reasons we find ourselves stressed out in the first place. In this forward thinking stress manual, How To Stress Less offers: \* Guidance and advice which has helped many of Benjamin s clients free their lives of stress \* Practical tips to address the issues that trigger everyday stress as well as tips on how to respond \* Effective solutions to quit worrying for good and learn to relax.



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