

Brilliant Stress Management How To Manage Stress In Any Sition

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Brilliant Stress Management - Mike Clayton

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Ready to take back control? We all have stress in our lives. It could be a deadline at work, a major change such as a house move, or a relationship breakdown. Whatever it is, it can leave you feeling out of control. In <I>Brilliant Stress Management</I> Mike Clayton helps you work out what it is that makes you stressed and shows you how you can tackle it. Whether you crumble under pressure ...

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in brilliant stress management mike clayton helps you figure out what it is that stresses you out and how you can tackle it whether you crumble under pressure get angry or simply bury your head in the sand this book provides stress busting techniques to help you take the edge off and even channel your stress in a positive way outcomes manage your environment to create a peaceful and Brilliant Stress Management How To Manage Stress In Any blog brilliant stress management how to manage stress ...