



## Dealing with Stress The Mind, Body, Spirit Way

By Rebecca Williams

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 26 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Stress is a problem for many people. This is a practical book written by a GP who has developed this approach for dealing with stress to help her patients and feels it could help a wider audience. The book is designed to encourage you (the reader) to reflect on what is causing stress in your life, how this stress is affecting you and how you might make changes in your situation and in yourself in order to make your life less stressful. There are questions to get you thinking and spaces for you to jot down your thoughts. Initially you are asked to consider whether there are aspects of your life that you can change and if so, to focus your energies on bringing about these changes. From then on the book focuses on how stress can affect you: your mind, your body and your spirit. You may recognise some of the thoughts, symptoms and feelings described. It goes on to give practical advice to help life become less stressful for you. This advice focuses on helping you control your...

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