



Your Guide to Happy and Stress-Free Living

By Elmira Strange

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. Anna Kononenko (illustrator). 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this excellent and straight-to-point guide, written by Research Psychologist and Life Coach, you will find out: 1) What the 7 main reasons for our unhappiness are, or why most people feel unhappy. 2) What the 10 most common irrational beliefs are. Change them at once here. 3) How to recognise your signs and symptoms of stress. 4) How stress affects your sleep. It s a fact of life - discover professional tips on how to get a good night s sleep from now on. 5) How to protect your personal relationships from stress. Here you can learn amazing facts about marriage and what you can do to strengthen your relationship with your partner. and FINALLY, 6) Learn the new easy ways to reduce your stress and to become happier. Here you will find specific long-term strategies for busting stress both at work and at home. After using them several times, they will become a valuable automatic habit for you to deal with your daily stressors. If you would like to contact...

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