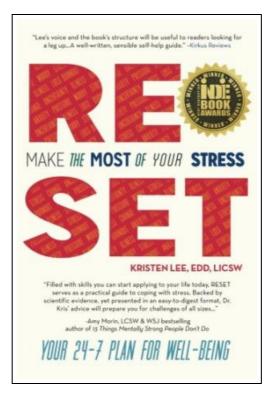
Reset: Make the Most of Your Stress: Your 24-7 Plan for Well-Being (Paperback)



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Reviews

This written book is fantastic. This can be for those who statte that there had not been a well worth reading. Your life period will probably be transform when you comprehensive reading this article ebook. (Chanelle Roob)

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iUniverse, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How can you make the most of your stress? RESET: Make the Most of Your Stress was named Motivational Book of 2015 Winner and a Finalist in the Self-Help and Health and Wellness categories by Next Generation Indie Book Awards. RESET has been called a breakthrough model that reframes our ideas about stress , and an excellent guide chock full of practical strategies, insightful stories, and wise advice for anyone who experiences stress in their daily work. There are far too many 5-step, simplistic models of stress reduction to go around. Reset offers a fresh perspective that is not only backed up with years of research and clinical practice, but presented in a way that allows each reader to take into account their own circumstances and develop a plan for well-being that actually works. When you feel the negative effects of stress and anxiety, RESET s components will help you get your bearings and recalibrate: Realize. Energize. Soothe. End Unproductive Thinking. Talk it Out. Whether you know it or not, you re already responding to stress-either constructively or destructively. Read RESET to develop a plan that is unique to you and your circumstances to better equip you to respond to the challenges before you and make the most of your stress.

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