



Stress Free for Good: 10 Scientifically Proven Life Skills for Health and Happiness

By Frederic Luskin

HarperCollins Publishers Inc, United States, 2006. Paperback. Book Condition: New. Reprint. 201 x 135 mm. Language: English . Brand New Book. Ten Minutes to Learn One Minute to Practice Ten Seconds to WorkImagine if you could . . . Radically reduce stress Increase your physical vitality Improve your quality of life Now you can. We live in an age of stress. Each day at work and at home as we struggle to take care of the basics, constant stress significantly affects our ability to lead healthy and happy lives. We struggle with stomach pain, headaches, mood swings, fatigue, depression, high blood pressure, and even heart failure. Not only does stress damage our physical and emotional well-being, but our relationships and productivity suffer as well. What, if anything, can we do to stop this cycle? There is a multitude of books, magazine features, TV programs, videotapes, meditation classes, and seminars, all aimed at stopping stress. But until now there has never been a scientifically based program that not only starts working within seconds but also creates a foundation to help remove stress and the symptoms associated with it from your life for good. Dr. Fred Luskin and Dr. Kenneth R. Pelletier...



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