

Stress proof your life: 52 brilliant ideas for taking control // 2006 // Elisabeth Wilson // Infinite Ideas, 2006 // 272 pages // 9781908189028

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â`£ 52 Brilliant Ideas for Taking Control Â· 52 Brilliant Ideas. By Elisabeth Wilson. Read a Sample. Add Book To Favorites. Sign up to save your library. With an OverDrive account, you can save your favorite libraries for at-a-glance information about availability. Find out more about OverDrive accounts.Â Elisabeth Wilson looks at the sources of stress â€” occupational, genetic and environmental â€” and reveals 52 brilliant techniques for creating a stress-free zone. When your batteries are blown and burnout is imminent these top tips can help you regain control. ...read more. I read Stress proof your life: 52 brilliant ideas for taking control. I confess it - I've only read two of the tips so far. But the first one was enough to tell me that this book is worth the read, especially given that it's free for kindle. I got the book more out of curiosity than real need, but it's already clear to me that it has some great positives. It's well laid out, with an active TOC and links back to the TOC from each idea/chapter, so it's easy to navigate just to the tips you think will help you most.Â Don't give yourself extra stress trying to absorb the whole book at once. Just take one idea at a time, and begin with the ones you think you most need. Source(s):
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