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How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief

By Smith, Rick; Hypnosis, Master Self

CreateSpace Independent Publishing Platform, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: It's True! You Really CAN Learn How to Master Stress. In A Weekend! Stressed? Anxious? It's time for MASSIVE ACTION. There are plenty of books about Stress, so why would the world need another one, and what makes this one different? Well, maybe you are dealing with Stress or Anxiety for the first time, or maybe you've suffered for years, and nothing else worked. Whatever the case, you're looking for Results, otherwise you'll probably waste a lot of time and come away disappointed and disillusioned. You need a System. New from Rick Smith, Author of the Best-Selling "How to Master Self-Hypnosis in a Weekend". In HOW TO MASTER STRESS IN A WEEKEND you will learn; Why Stress is so dangerous to your health and well-being, and why you need to attack it head-on if you are to reclaim a healthy balance and happiness in your life. What are the tired old 'conventional' approaches to Stress Management and Anxiety Relief, and why many of them simply don't work. The remarkable power of Self-Hypnosis, and how you can easily train yourself in just...



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Reviews

Complete information! Its such a excellent study. It is filled with knowledge and wisdom I realized this publication from my dad and i advised this publication to find out.

-- Geovanny Grimes

Without doubt, this is actually the greatest function by any article writer. It is among the most amazing publication i have got read. Its been printed in an exceedingly basic way in fact it is simply after i finished reading through this publication where in fact changed me, change the way i believe.

-- Arielle Ledner