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## Destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfilment and Peace of Mind

By Davidji

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfilment and Peace of Mind, Davidji, When was the last time you snapped at someone or spoke words that you regretted? When was the last time you made a knee-jerk decision that you wish you could take back? How about the last time you felt burned out or overwhelmed? Most likely the cause was stress. Stress is destructive, diabolical and creeps into every moment of our lives. It influences our relationships, impacts our body, works its way into our conversations and sparks non- nourishing behaviours. In this book, stress-management expert davidji draws on decades of experience working with individuals in extreme, high-pressure situations - including business leaders, world-class athletes, members of the military and those in crisis - to share the solutions to stress we've desperately been waiting for. With the help of this book you will learn: the 5 types of stress and how to deal with them; simple tools for dealing with modern life's daily stressors, common woes and unpredictable situations; practical methods for prioritizing needs, managing emotions and communicating efficiently; and, how to keep stress levels at a constant...



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