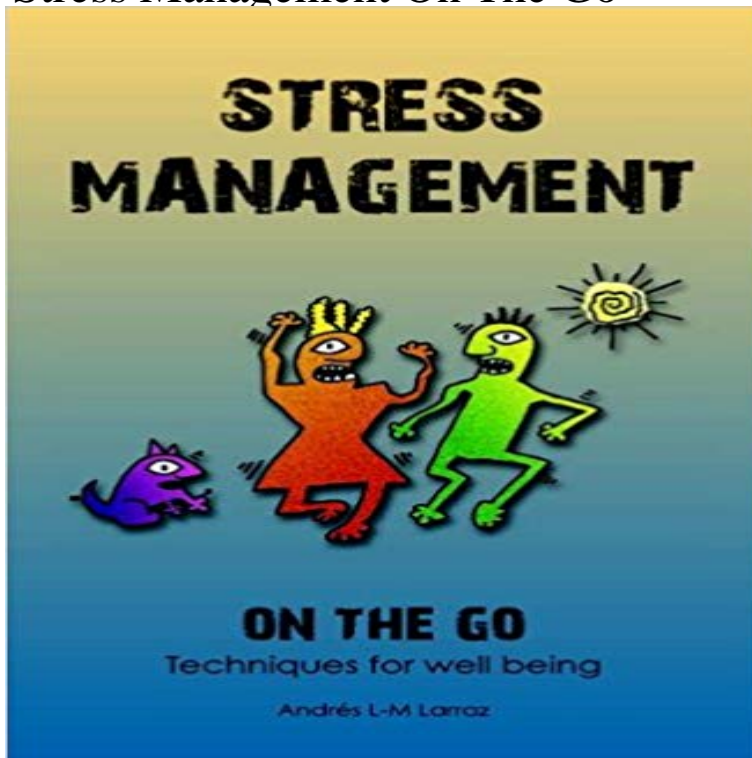


## Stress Management On The Go



A PRACTICAL GUIDE TO SIMPLE, POWERFUL FUNCTIONAL & EFFECTIVE STRATEGIES TO MANAGE STRESS- ON THE GO. Stress is a part of everybody's life. Stress Management on the Go guides you through proven techniques that work anytime & anywhere and can be used by nearly everybody. Some of the techniques presented are: \* NEUTRALIZE STRESS WITH YOUR THOUGHTS \* LEARN HOW TO CHANGE YOUR NEGATIVE THINKING PATTERNS \* MEDITATION, SELF HYPNOSIS & VISUALIZATION TECHNIQUES \* BREATHING AWAY THE STRESS

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