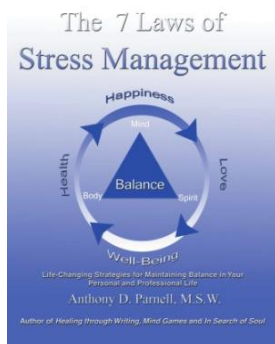


Find Book

THE 7 LAWS OF STRESS MANAGEMENT: LIFE-CHANGING STRATEGIES FOR MAINTAINING BALANCE IN YOUR PERSONAL AND PROFESSIONAL LIFE (PAPERBACK)



iUniverse, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. The 7 Laws of Stress Management is a workbook designed to challenge readers to commit to writing and self-exploration on a daily basis as a means to effectively managing stress. A variety of writing exercises are presented throughout the book to assist readers in identifying key areas of stress and in implementing a written stress management plan....

Read PDF The 7 Laws of Stress Management: Life-Changing Strategies for Maintaining Balance in Your Personal and Professional Life (Paperback)

- Authored by Anthony D Parnell
- Released at 2008



Filesize: 4.23 MB

Reviews

Very useful to any or all group of folks. It really is rally interesting throgh reading through period of time. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mrs. Dorris Wintheiser**

This sort of book is every little thing and made me searching ahead and more. Sure, it is actually play, nonetheless an amazing and interesting literature. You wont feel monotony at whenever you want of the time (that's what catalogs are for relating to in the event you ask me).

-- **Gavin Bosco IV**

Related Books

- **DK Readers L1: Jobs People Do: A Day in the Life of a Teacher (Paperback)**
- **Penelope s Irish Experiences (Dodo Press) (Paperback)**
- **Baby Whale s Long Swim: Level 1 (Paperback)**
- **A Parent s Guide to STEM (Paperback)**
- **Fox at School: Level 3 (Paperback)**