



Beat Stress Every Day: A Powerful Guideline on How to Deal with the Tough Things in Life Gracefully

Laura Roberts

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In today's fast paced environment, many of us hold stressful and demanding professional positions that can lead to high personal stress and anxiety. Too much stress in a person's life can lead to negative effects on health and personal life, and can even contribute to debilitating conditions. Reading about stress management and relaxation techniques can give a busy professional the tools and tricks they need to effectively minimize stress in their busy schedule.

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