



How To Deal With Stress: 3 in 1 Bundle

David A. Hunter

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How To Deal With Stress

All three parts of the series in one bundle We might not be able to avoid stress in our lives entirely, but we can control the way in which we react to it. We can deal with it in a healthy way. **By making some adjustments in our lives, amazing things can happen.** If you suffer from anxiety attacks and ocd, this book is for you.

Here is a preview of what you will learn:

- How To Sleep Better
- How To Stop Anxiety Attacks
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