

The Stress Less Workbook Simple Strategies To Relieve Pressure Manage Commitments And Minimize Conflicts Guilford Self Help Workbook

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specific needs; instead you can focus on simple step-by-step instructions that will teach you how to feel better now. This workbook is based on more than twenty-five years of clinical experience working with clients who came to us with symptoms of tension and stress like insomnia, worry, high blood

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Stress management and dealing with anger go hand in hand. When you're stressed up to your eyeballs, you've little spare capacity for dealing with life's normal ups and downs.It becomes all too easy to lose your temper when you're so often feeling irritated and angry.. Uncontrollable anger can take even more of a toll on your relationships and your well-being.

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Stress is a feeling of being tense, overwhelmed, worn out, or exhausted. A small amount of stress can be motivating, but too much stress makes even small tasks seem daunting. Sometimes stress is the accumulation of many small hassles, while other times it is the result of major life changes or long-term problems...

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