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Stress Pandemic 9 Natural Steps to Break the Cycle of Stress

By Paul Huljich

Mwella Publishing. Paperback. Condition: New. 350 pages. Dimensions: 8.5in. x 5.5in. x 0.6in. TAKE CONTROL OF YOUR STRESS BEFORE IT TAKES CONTROL OF YOU. STRESS CAUSES PAIN! STRESS KILLS! SAY NO TO STRESS! Some symptoms and dangers of stress: Anxiety, Depression, Addictions, Suicidal thoughts, PTSD, Feeling overwhelmed, Out of control, Weight issues, Panic attacks, Hyperventilation, Headaches, Worry, Anger, Guilt, Hostility, Physical tension, Insomnia, Teeth grinding, Fatigue, Phobias, Obesity, Anorexia, Bulimia, Allergies, Back pain, Cancer, Diabetes, Heart disease, Stroke WHAT ARE YOU DOING ABOUT IT Written for the growing number of people wishing to free themselves of mild, moderate, or severe stress, STRESS PANDEMIC - ED2 outlines a practical, effective and proven approach to achieving longevity and complete wellness. Paul Huljich offered a comprehensive lifestyle solution designed to break the cycle of stress and heal ongoing pain while fortifying and empowering the body and mind. By adopting the unique LifeReStyle process, readers can take back control of their lives and find freedom in today's increasingly demanding world. Paul Huljich has appeared in over five hundred radio shows and made regular television and press appearances, while blogging for psychology today. He conducts motivational stress relief seminars. One of America's top stress experts...



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