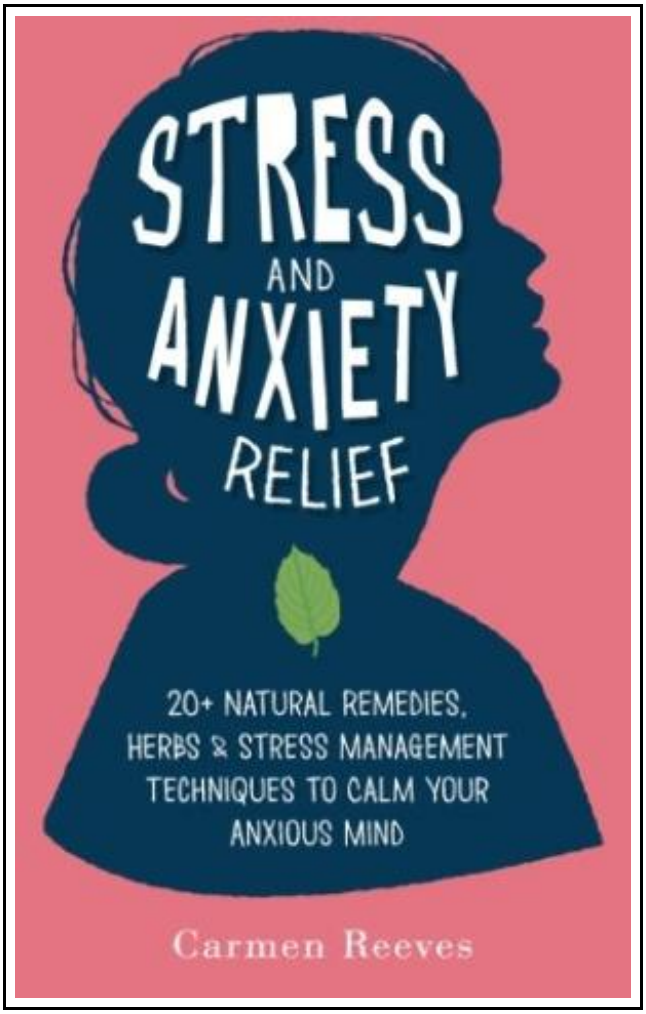
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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.20+ Natural Remedies, Herbs Stress Management Techniques to Calm Your Anxious Mind Have you ever felt like you are teetering on the brink of something truly horrible? You re suffering from a strange gripping feeling in your chest, heart palpitations, intense fear and worry, and you regularly find yourself shaking like a leaf. Perhaps even you ve begun to notice worrying and upsetting health problems creeping up on you, like excess hair loss, unsightly skin conditions, and IBS. And the worst thing is, no matter how utterly exhausted you feel, there are nights when you simply can t drop off to sleep. Rewind a couple of years ago or so, and that was exactly me. I d spent too many nights burning the candle at both ends, sacrificing my own needs, pushing myself too vigorously in an attempt to get ahead of the crowd - but all it ended up doing was driving me towards utter stress and exhaustion. But luckily, I found a way through before my entire world crashed around my shoulders, and you will too. I discovered some amazing techniques to manage my stress, I supercharged my lifestyle, and I uncovered some wonderful natural remedies that helped me to get exactly where I am today: happy, healthy and stress-free. And you can get there too, no matter how bad things feel right now. In the pages of this book, you ll discover the right way to manage your stress levels to prevent them from reaching epic proportions (and it doesn t involve making sacrifices either), you ll learn the secret ninja tricks that will eliminate stress when you want instant results, and...

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