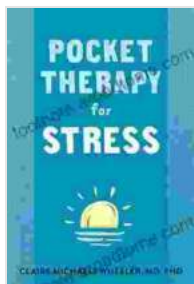


Pocket Therapy for Stress: The Ultimate Guide to Managing Stress and Anxiety



Pocket Therapy for Stress: Quick Mind-Body Skills to Find Peace (New Harbinger Pocket Therapy)

by Claire Michaels Wheeler

★★★★☆ 4.7 out of 5

Language : English

File size : 3464 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 176 pages



Are you feeling overwhelmed by stress and anxiety? Do you feel like you're constantly on edge, and that your mind is racing a mile a minute? If so, you're not alone. Stress and anxiety are common problems that affect millions of people every year.

The good news is that there are things you can do to manage stress and anxiety. Pocket Therapy for Stress is the ultimate guide to helping you reduce stress, improve your mental health, and live a more fulfilling life.

This book is packed with practical tips and techniques that you can use to:

- Identify the sources of your stress
- Develop effective coping mechanisms

- Reduce stress and improve your mental health

Pocket Therapy for Stress is written by a team of experts in the field of mental health. This book is based on the latest research, and it provides scientifically proven techniques for managing stress and anxiety.

If you're ready to take control of your stress and anxiety, then Pocket Therapy for Stress is the book for you. This book will help you to live a happier, healthier, and more fulfilling life.

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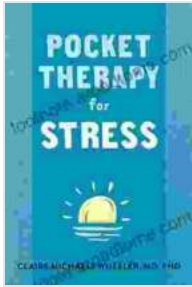
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