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Stress Management Self Confidence (2 in 1)

By Dr Robert Gallagher

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Two of the Best Selling Books of Robert Gallagher now are sold together on a SPECIAL PRICE!!! Stress Management Stress is everywhere. Each and every day, we run into situations that constantly test us, rob us of our patience, strip us of our sanity, impact our focus, and cause us to lose control of our days. A look in to the book Stress Management by Robert Gallagher Stress prevails in our lives, but not everyone knows how to cope with it. The worst part is that if you leave it untreated, it has the tendency to disrupt your entire life. For this reason, the author, Robert Gallagher, decided to help every single reader through this amazing book. His book, titled Stress Management presents basic insight in to what stress and anxiety are about, their impact on health and how they can be treated. The author also goes on to provide his intellectual insight into how his readers should deal with stress at work, and the anxieties related with exams. On the whole, the book is...



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