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## Beat Stress: Teach Yourself

By Alice Muir

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Beat Stress: Teach Yourself, Alice Muir, Fix Your Stress is a wholly practical guide to coping with stress, which draws on a mixture of CBT and NLP therapies, offering both long-term solutions and strategies to help you feel better now. It gives you a wide range of techniques that will successfully relax both body and mind, drawing extensively on Mindfulness practices, as well as showing you where you can find support, solutions and strategies online. There will be diagnostic tests to assess the level of your problem, 'quick fixes' which offer an immediate solution, 'points to remember', which will give long-term inspiration for those struggling, and clear guidance for what you can expect in the next chapter (Next Step). Designed to make the information work for you, this is the most effective and practical guide available to beating stress - forever.



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