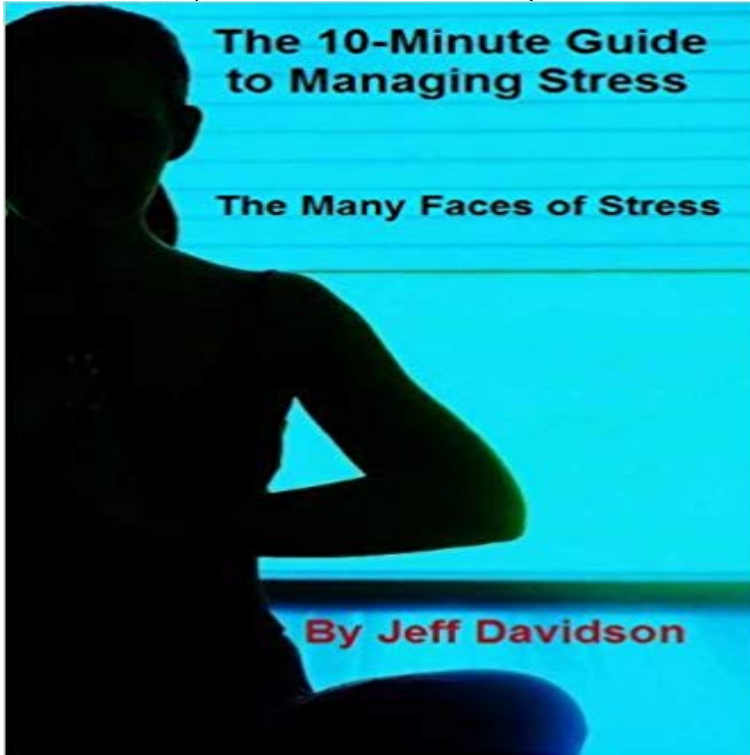


## The Many Faces of Stress (The 10-Minute Guide to Managing Stress)



In this e-book you will learn about stress, its many causes, and how our bodies react to the circumstances of stress. You will also learn how and why the choice to have less stress in your life is yours for the taking. So it is with stress. If popping some pills gets you through the rough parts of the day, then you WILL NEVER LEARN to master what stresses you. This e-book is about learning to master stress and involves learning about the nature of stress so that you are in a better position to master the beast.

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