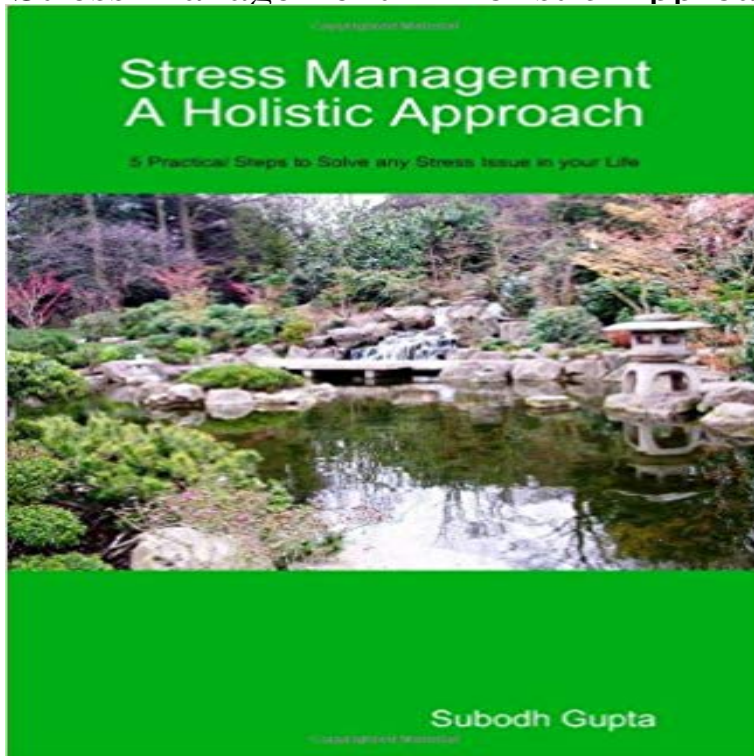


Stress Management A Holistic Approach



For anyone who wants to live a Stress Free life Many illnesses such as diabetes, migraine, asthma, ulcer and even cancer arise because of excessive Stress over a period of time. This book presents a holistic and practical approach for Managing Stress. If there is a problem then there has to be a solution and this book is all about solution. You may have any kind of problem or issue in your life, once you follow the 5 steps described in this book you are on your way to Stress Free life.

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