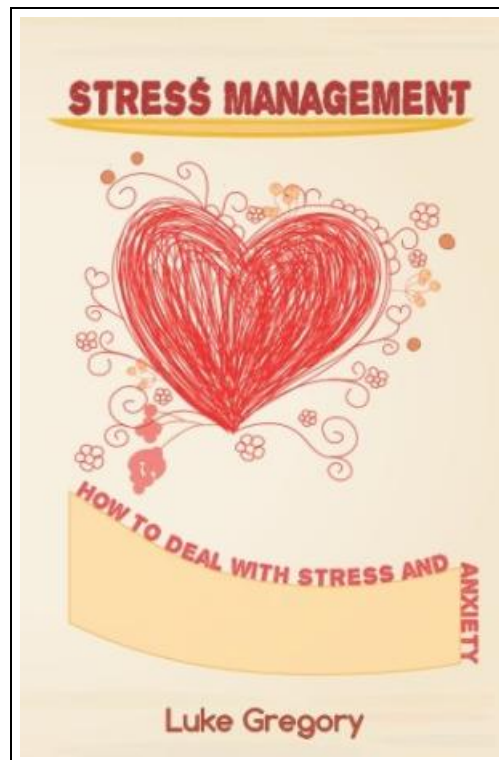


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Stress Management: How to Deal with Stress and Anxiety Let's face it. No matter how much we try to act like we are all perfect, the sad truth is that we're not. We all have our battles that we fight through on a regular basis. So that just leaves one question: What can we do about it? Some people have absolutely no problem handling their issues. When something comes up, they just deal with it head on without any complications. Does this sound like you? If so, then I'm sorry to say that this book is not for you. However, if you are a person who has a hard time managing your emotions whether it be a fear, obsession, or even just stress, then I want you to pay close attention. I am about to change your life. This book it is full with a lot of self-help tips that you can use to make your life much more enjoyable. No more running from your fears, and no more acting like they don't exist. The time has come to make a positive change in your life. There is a theoretical framework that is commonly referred to as the human givens approach. Simply put, the approach says that people like me and you have needs. We have things that we want and other things that we would do just about anything to get. We came into this world with this mindset, and it will never change. As long as we get those things that we are wanting or needing, then we will be happy. We will have no reason to ever be stressed, sad, envious or any negative emotion that...



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