



## The Stress Relief Guidebook

By Carmen Rae Weitzel

Carmen Rae Weitzel. Paperback. Book Condition: New. Karrie Ross (illustrator). Paperback. 142 pages. Dimensions: 11.1in. x 8.4in. x 0.6in. The Stress Relief Guidebook was written for men and women of all ethnicities and backgrounds. The author offers effective and powerful psychological tools, feel-good strategies, and nutritional guidance for overcoming and preventing various symptoms associated with stress. Many diseases and health problems begin with stress. By practicing the exercises and questions in this book, you will learn life-changing skills. You can experience inner peace, stress tolerance, self-confidence, and the joy of a healthier mind and body. Benefits of Stress Reduction: Feelings of peace, motivation, and joy Positive attitude toward yourself and others Sense of feeling and looking younger Strengthened immune system Fewer allergy symptoms Normal blood pressure Healthy self-esteem Patience with others Fewer addictions and unwanted cravings Ideal body weight Stable energy throughout the day Quality sleep at night Feelings of relaxation, mental clarity, and empowerment Improved motor coordination Balanced neurotransmitters and brain function Strengthened cardiovascular and digestive health Clear and vibrant skin Regular menstrual cycles Less anger, sadness, irritability, and anxiety About the author: Carmen Rae Weitzel earned her bachelors degree in English Literature from the University of Pittsburgh, a masters...



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