



Don't Stress...Your Life Is Calling!: 5 Things You Can Do Right Now To Permanently Eliminate Stress (So You Can Get On With Your Life)

Margie Remmers

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In this FUN and FASCINATING book, you'll learn: -- What's putting people in the hospital all over the world? -- How trying to manage stress is like spraying perfume on the garbage--eliminate it instead! -- 5 things you can do immediately and say goodbye to stress forever. -- Why stress can actually be good for us. - - What is the ONE thing that you absolutely must do, if you really want a stress-free life--you'll be amazed at how simple it is! In addition, this short little book contains: -- Easy-to-follow checklists for every chapter, and -- More than a dozen resources and recommendations to get you on the road to stress-free living right now.

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From reader reviews:

Eileen Smith:

Have you spare time for the day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a go walking, shopping, or went to often the Mall. How about open or even read a book eligible Don't Stress...Your Life Is Calling!: 5 Things You Can Do Right Now To Permanently Eliminate Stress (So You Can Get On With Your Life)? Maybe it is to get best activity for you. You already know beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have some other opinion?

Clyde Traynor:

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Sarah Heath:

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Stephen Morgan:

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