



Still in the Storm: How to Manage Your Stress and Achieve Balance in Life

Ann Williamson, Ann Williamson

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Why use this particular book to beat stress? Simple. This guide presents a useable and accessible programme of exercises that offer long-term stress solutions. It identifies and explains the most empowering, enjoyable and effective stress-relieving techniques, including:

- hypnosis
- cognitive strategy
- visualisation
- time management
- relaxation
- exercise
- positive mental rehearsal.

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