



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

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; and, positive mental rehearsal. Accessibility is the aim of this book, matching a clear layout with amusing cartoon illustrations and a reader-friendly tone. But, as well as being fun, it offers a serious message and comes with the weighty assurance of the author's twenty-five years experience in helping people handle anxiety and manage stress. This book was previously published as "Still - In The Storm: How to Manage Your Stress and Achieve Balance in Life" - ISBN 978-189983641-3.

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