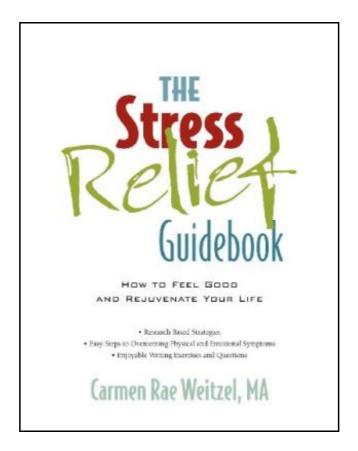
The Stress Relief Guidebook



Filesize: 5.39 MB

Reviews

The book is straightforward in go through better to understand. it had been writtern quite flawlessly and valuable. You can expect to like the way the author publish this book. (Reyes Murphy)

THE STRESS RELIEF GUIDEBOOK



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 lifechanging 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 degree in Psychology from Pepperdine University in Los Angeles, and certifications from the Vibrant Reiki Clinic in San Francisco. She has studied mind and body healing modalities and stress management for more than 15 years, assisted patients in residential treatment for mental health and physical disabilities, and volunteered as a research assistant at the University of California in Los Angeles. She is also a business owner and helps animals and their owners with administration of medications. Carmen dedicates her lifes work to helping others, people and animals, to heal, rejuvenate, maintain optimum health, and feel a sense of peace and...



Read The Stress Relief Guidebook Online Download PDF The Stress Relief Guidebook

Related Kindle Books



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. \times 6.0in. \times 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read PDF »



Klara the Cow Who Knows How to Bow (Fun Rhyming Picture Book/Bedtime Story with Farm Animals about Friendships, Being Special and Loved. Ages 2-8) (Friendship Series Book 1)

Createspace, United States, 2015. Paperback. Book Condition: New. Apoorva Dingar (illustrator). Large Print. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Klara is a little different from the other...

Read PDF »



The Healthy Lunchbox How to Plan Prepare and Pack Stress Free Meals Kids Will Love by American Diabetes Association Staff Marie McLendon and Cristy Shauck 2005 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read PDF »



On the Go with Baby A Stress Free Guide to Getting Across Town or Around the World by Ericka Lutz 2002 Paperback

Book Condition: Brand New. Book Condition: Brand New.

Read PDF »



Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English. Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually...

Read PDF »