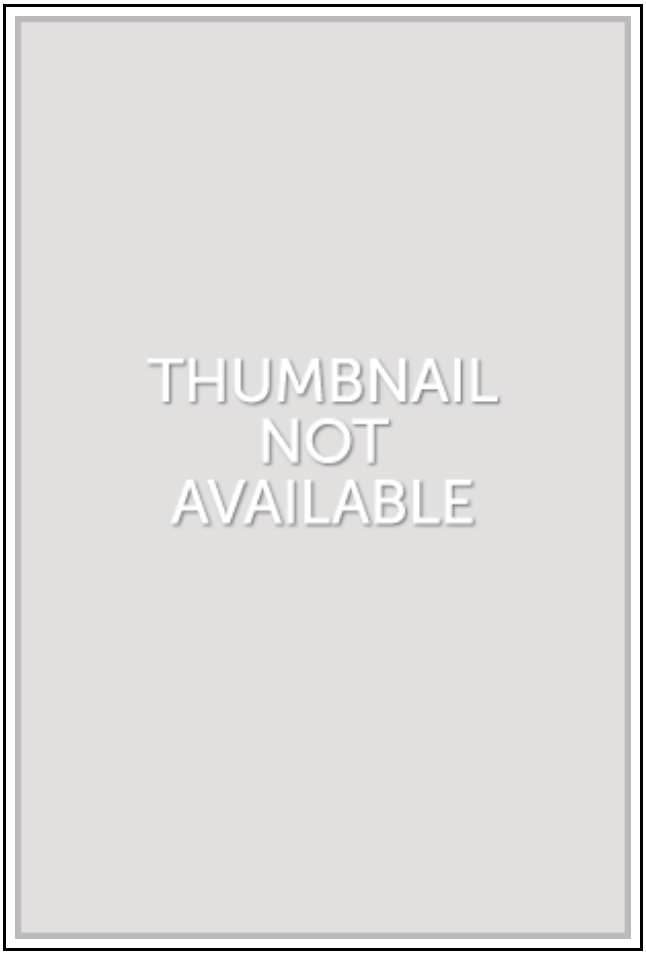
Unwind!: 7 Principles for a Stress-Free Life



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Reviews

This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ms. Fatima Erdman)

UNWIND!: 7 PRINCIPLES FOR A STRESS-FREE LIFE

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BRILLIANCE AUDIO, United States, 2014. CD-Audio. Book Condition: New. Unabridged. 170 x 86 mm. Language: English . Brand New. This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its whole-person approach. Unwind! is about optimizing your body, heart, mind, and soul, recognizing that any and all of these dimensions of your life affect your anxiety level. It helps you get clear about who you are as well as your priorities and goals. The authors show you how to take charge of your life and how to make better choices that will prevent stress in the first place. The authors explore seven key paradigm shifts, from reactive to proactive; unmotivated to inspired; pressured to prioritized; hassled to harmonious; anxious to empathic; defensive to diverse; and tense to tranquil. Delving deep into each of these paradigm shifts, readers learn how to prevent most of the daily stresses people typically experience, by getting at the roots of stressors.

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