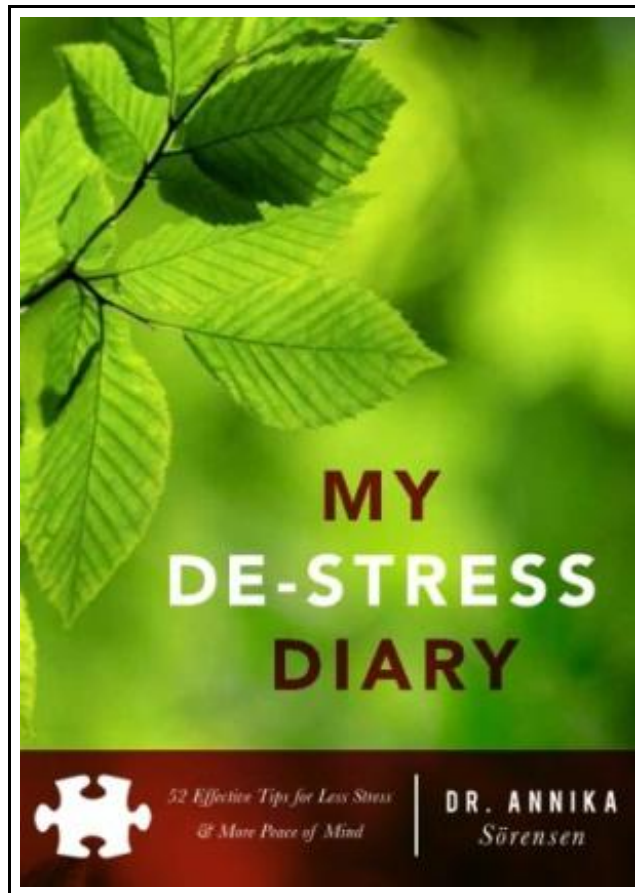


My de-Stress Diary: 52 Effective Tips for Less Stress More Peace of Mind



Filesize: 1.33 MB

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

MY DE-STRESS DIARY: 52 EFFECTIVE TIPS FOR LESS STRESS MORE PEACE OF MIND



Ask Dr. Annika, United States, 2014. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.My De-Stress Diary: 52 effective tips for less stress and more peace of mind provides week-by-week tips for readers to introduce into their lives, teaching that even in life s busiest moments, managing stress and finding happiness is possible. Asking questions along the way, My De-Stress Diary is a conversational piece that provides mentorship and support, but ultimately reminds readers that they are responsible for their own changes. Dr. Annika s book functions as a source of empowerment, teaching that the possibility for change begins with intention and a strong mindset. Readers are encouraged to express their intentions and reflections with each tip, thus - as Dr. Annika notes - they become the co-authors of the book. This notion is substantiated as the discussion of each tip provided by Dr. Annika occupies equal space on the page as the section for readers reflections. As well, the advice and encouragement provided in My De-Stress Diary is widely accessible across audiences, as each of these tips will have a different meaning for each reader. The book meets readers where they are in their lives regardless of their stress level or cause, and encourages them to find an inner meaning with each tip. In going back to the basics, the book intermingles the challenging with the fun, and over the course of a year readers will evaluate their Inventory Network, be dared to communicate openly and honestly, remember to smile, and find time for hugs. This feel-good and thought-provoking guide ultimately teaches that the ropes to harness happiness are just within an arm s reach. My De-Stress Diary is the companion for the overworked, overtired, and for those that...



[Read My de-Stress Diary: 52 Effective Tips for Less Stress More Peace of Mind Online](#)



[Download PDF My de-Stress Diary: 52 Effective Tips for Less Stress More Peace of Mind](#)

Other Kindle Books



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.

[Read Document »](#)



Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about Yourself

Free Spirit Publishing Inc., U.S. Paperback / softback. Book Condition: new. BRAND NEW, Speak Up and Get Along!: Learn the Mighty Might, Thought Chop, and More Tools to Make Friends, Stop Teasing, and Feel Good about...

[Read Document »](#)



Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on...

[Read Document »](#)



Readers Clubhouse Set B Time to Open

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book. This is volume nine, Reading Level 2, in a comprehensive program (Reading Levels 1...

[Read Document »](#)



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. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read Document »](#)



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

[Download ePub »](#)



Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy

[Download ePub »](#)



Kingfisher Readers: Where Animals Live (Level 2: Beginning to Read Alone)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Where Animals Live (Level 2: Beginning to Read Alone), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the

[Download ePub »](#)



My Best Bedtime Bible: With a Bedtime Prayer to Share

Lion Hudson Plc. Paperback. Book Condition: new. BRAND NEW, My Best Bedtime Bible: With a Bedtime Prayer to Share, Sophie Piper, Claudine Gevry, This heartwarming collection of ten Bible stories is ideal for reassuring and

[Download ePub »](#)



Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their

[Download ePub »](#)