



## Be free of Anxiety and Stress: Living a stress free life

*Maria Chan*

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Stress is a very dangerous and debilitating condition - over time, with too much stress and anxiety, you can put your health at risk and this is never a good thing. Because everything we do is an emotional challenge, it's very easy to become stressed out especially when you are having "one of those weeks" but there are ways to avoid serious stress overkill. By using the ideas in this book, you will find it easier to do three things; - Understand why you are stressed - Understand how you can stop being so stressed - Use a variety of techniques to relieve your stress and make your life easier to manage

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