



## The Ultimate Stress Buster: A Seven-step Plan for Calm and Relaxation

By Sarah Brewer

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Ultimate Stress Buster: A Seven-step Plan for Calm and Relaxation, Sarah Brewer, The Ultimate Stress Buster is a six-point plan to overcome the damaging effects of stress.-- Recognise the signs--identify the causes of stress--plan a nutritious diet--take exercise and learn to relax--export alternative therapies--discover how to organise your life more efficientlyWith quick-fix solutions and long-term strategies this is a highly practical approach to the problem of stress.



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