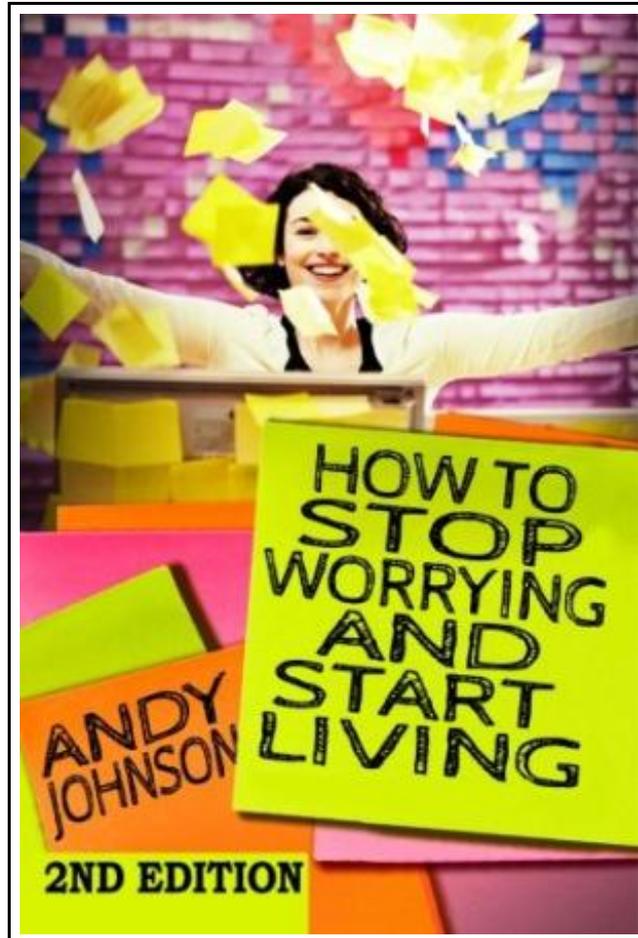


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(Ezequiel Schuster)

HOW TO STOP WORRYING AND START LIVING NOW!: THE MOST EFFECTIVE, PERMANENT SOLUTION TO FINALLY START LIVING



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you ever feel like worrying is a never ending task, dusk til dawn, 24/7? Have you asked yourself - This is it? Can life be too overwhelming at times? Are you always worrying yourself to death? If you truly want to be able to worry less and enjoy life more then I suggest that you start by reading this book. This book contains proven steps and strategies on how to leave behind old habits and behaviors and adopt new ones that are better for you. In this book, you will learn to identify sources of worry in your life and how to identify the top stressors in your life, how to reduce your sources of stress and how some worry is healthy. How to Stop Worrying and Start Living will help you learn how to get your life in order by organizing your home, volunteering and staying away from negative influences. In addition, there are tips to relieve stress such as focusing on positive thinking, exercises to increase relaxation and how laughter really is the best medicine. This book helps you find balance in your life by getting more rest, getting out of the house and finding the happy balance between work and play. The section on how to eat stress away offers a list of comfort foods, healthy snack alternatives and what vitamins can help with stress reduction. With the help of this book, you will also learn to remember to be grateful by thinking of others, showing compassion and giving thanks. In How to Stop Worrying and Start Living, you will learn steps that you can implement immediately and begin to see...

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