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Work Related Stress: Discover How to Handle Stress at Work, and Learn to Relax and Enjoy Your Work Day Instead

Vanessa Simmons

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If you're like most people, you spend at least a third of your time in the workplace. Okay, let's face it: for some of us, it's closer to half. But if you go to work dreading the work day hours, you are probably not being as productive as you could be, and you certainly can't be in a happy place. The truth is, you are not in a unique situation. A significant number of people are in the same boat. And the surprising thing is - in certain cases - people who are stressed at work don't even know exactly what about work causes the stress! If you are among the many people unhappy in the work place, or if you are simply looking for a way to reduce the overwhelming stress resulting from the daily grind, this book is for you. I'm going to show you how to identify what causes your stress and then I'll provide you with easy techniques to avoid or rid yourself of them for good. Though these simple and effective methods of busting stress, you'll no longer have to go to work dragging your feet and counting the minutes. Also, this book divulges some great lifestyle tips that will help you face work - and life in general - with calm, confident anticipation and a smile on your face. Let's get started!

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