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A Woman's Guide to De-Stress for Success: 10 Essential Tips to Conquer Stress and Live at Your Best

Dr. Tiffany Lowe-Payne

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Do you feel fed up, overwhelmed, overworked or just completely stressed out? If you've answered yes, you are not alone. In today's world full of daily schedules, deadlines and demands, women are much more likely to experience major stress as they multi-task through life. The problem is that stress can make you sick! In fact, many of the illnesses that drive patients to the doctor's office have chronic stress as a major underlying factor, and after reading this book you'll understand why. In A Woman's Guide To De-Stress For Success, board certified family physician and stress expert Dr. Tiffany Lowe-Payne combines her medical knowledge with her personal experiences as a successful doctor, wife and mother of two, to help busy women find balance and transform their lives from the inside out. This is the most practical guide for today's modern woman, filled with important medical information, interactive exercises and spiritual guidance to inform you, inspire you and help you live at your best—mind, body and spirit. Let Dr. Tiffany transform you!

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