



The De-stress Diva's Guide to Life: 77 Ways to Recharge, Refocus, and Organize Your Life

By Ruth Klein

Turner Publishing Company, United Kingdom, 2008. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The De-Stress Diva's Guide to Life When you feel stressed out, you don't have the time or energy to completely overhaul every aspect of your life. You need help for what's bothering you right now and you need it right away! You need the De-Stress Diva. In this book, America's De-Stress Diva Ruth Klein gives you proven strategies for overcoming seventy-seven common stressors, with practical tips and techniques that you can put to work immediately to rebalance and re-energize your life. The De-Stress Diva understands the many stress points women encounter in juggling work, family, and friends. She has helped countless women overcome the stressful situations that affect them most to bring more joy into their lives, and now she can do the same for you. The De-Stress Diva's easy-to-follow tips enable you to conquer stressors with the help of: Aromatherapy, yoga, massage, and meditation Diet, supplements, and herbs Organizational and time management skills So the next time you're angry with your boss or have so much to do you don't know where to start, don't panic read...



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