



# **You're Not Crazy, You're Stressed: How To Stop Worrying And Start Managing Your Stress (Stress Management) (Volume 1)**

*Thomas Sullivan*

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## **You're Not Crazy, You're Stressed: How To Stop Worrying And Start Managing Your Stress (Stress Management) (Volume 1) Thomas Sullivan**

Stress is something which has become a constant hurdle in modern day lives. It may seem like we've lost our minds at times, as we rush around trying to juggle work, family and our other daily commitments. But there are solutions to the way you are feeling, and in *You're Not Crazy, You're Stressed: How to Stop Worrying and Start Managing Your Stress*, you can discover exactly how to combat the moods you are having with chapters devoted to; A proper work/life balance How to manage life and stress Stress and money How to empower yourself 50 Stress Management Techniques And a lot more... Living with stress is never easy. But *You're Not Crazy, You're Stressed* can help you to understand the complexities of the condition and improve the effect it has on your life. Get your copy of this illuminating book now and start to combat the stresses of life today.

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