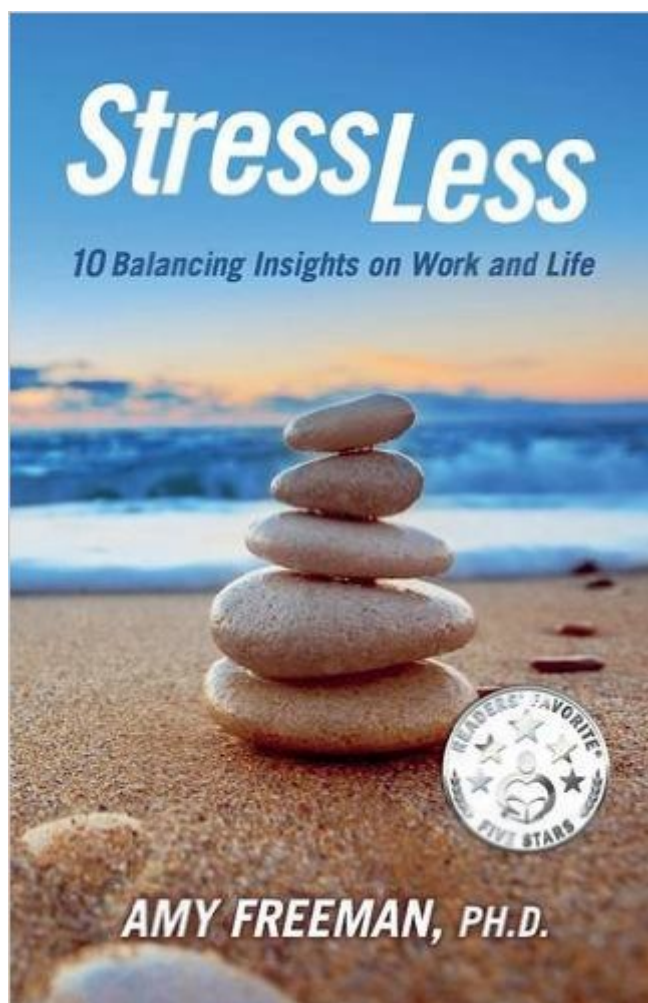


The book was found

# Stress Less: 10 Balancing Insights On Work And Life



## Synopsis

How do you do it all? Is it even possible? There are thousands of books about time management, multitasking and doing more. This book is about being comfortable with doing less, resting and directing action in a way that energizes or brings peace. Stress Less offers 10 tangible ways of dealing with stress, balancing a busy life and embracing peace of mind. Themes include: • Saying No, • Asking for Help • Managing time with YOU in mind. Interactive videos can be viewed by scanning the QR codes throughout the book, giving a more personalized viewpoint of the author. These are excerpts from the companion DVD presentation, Finding Your Balance in Work and Life: Truths and Myths about Having It All. Worksheets are provided at the end of each chapter encouraging you to Take a Rest Stop and start making small changes. Start now! Feel better. When you take care of YOU, you'll have the resources you need to share with others. Amy Freeman holds a Ph.D. in Workforce Education.

## Book Information

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## Customer Reviews

This book is a game changer for people who do too much. It is a quick inspiring read. The author gives her personal take on the subject matters with quick codes to make the reader even more engaged.

An excellent read that is truly helpful. Full of good information. Gives little "work sheets" to keep me on track and QR codes that link to other good resources. Also an amazing list of other resources in the very back!

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