



### The Ultimate Method for Dealing with Stress

By Doc Orman Md

TCKPublishing.com. Paperback. Book Condition: New. Paperback. 90 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Learn the Ultimate Method for Getting Rid of Stress I Believe Anyone Can Eliminate Stress and Anxiety Using These Proven Strategies If you want to be happier, healthier and more peaceful, this book is for you! You will learn: Why Just Managing Stress Isnt Actually Good For You Dr. Mort Orman has been studying stress and the impact of negative thinking on your health, success and life for years. After dozens of years of research, he found that simply managing stress isnt good enough! Instead of managing stress in a way that never solves your root problems, its time for a better approach that actually lets you win the game of stress! You see, most people dont understand that there is are invisible rules that create stress in your life. And because these rules are invisible and were not taught them in school or by the media or popular culture, most people live their whole lives never understanding how stress actually works. Thats why someone can spend their entire life trying to manage stress and still feel stressed out, grumpy and generally unhappy about life. Its not...



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