



Stressbusters: Tips to Feel Healthy, Alive and Energized

Katherine Butler

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Simple solutions to stop stress. Despite our wishes to be stress-free, we all need a little stress in our lives. Too much, though, can lead to health problems, anxiety, and frustration. This book is filled with simple tips to help you manage your time, finances, job, and family relationships—all to keep your stress level within the optimal range. It will show you how to effectively eliminate unnecessary stress and relax at home, work, or anywhere.

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