



Gee jou stres 'n uitklophou (eBoek): 30 dae tot sinvolle stresbeheer (Afrikaans Edition)

Deborah Smith Pegues

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Weerhou stres jou dalk daarvan om die rus, pret en goeie gesondheid wat jy so graag wil hê te ervaar? In GEE JOU STRES 'N UITKLOPHOU deel gedragskundige Deborah Smith Pegues die verrassende oorsake van stres, asook eenvoudige, lewensveranderende raad om in een maand stresvry te begin leef.

Leer in slegs 30 dae hoe om:

- selfvernietigende gedrag te verander
- vandag te geniet
- realisties te wees oor verwagtings
- van spanning ontslae te raak
- 'n sterk ondersteuningstelsel te skep

Deborah Smith Pegues kombineer in GEE JOU STRES 'N UITKLOPHOU persoonlike staaltjies, vrae vir nadenke, gebede, Bybelse beginsels en riglyne wat jou sal help om in 'n relatief kort tydperk van stres ontslae te raak en die lewe ten volle te geniet.

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