



Breathe: Self help guide to Stress and anxiety management

Sue Baker

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Breathe: SELF HELP GUIDE TO STRESS AND ANXIETY MANAGEMENT Stress is experienced emotionally, physically, and cognitively. While we are in a coping phase, we are sometimes oblivious to stress until we reach a tipping point. When we can no longer deal with the pressures that create stress. This book is a practical guide to stress. This book will teach what stress is, how it can be developed and how it can be treated and managed.

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