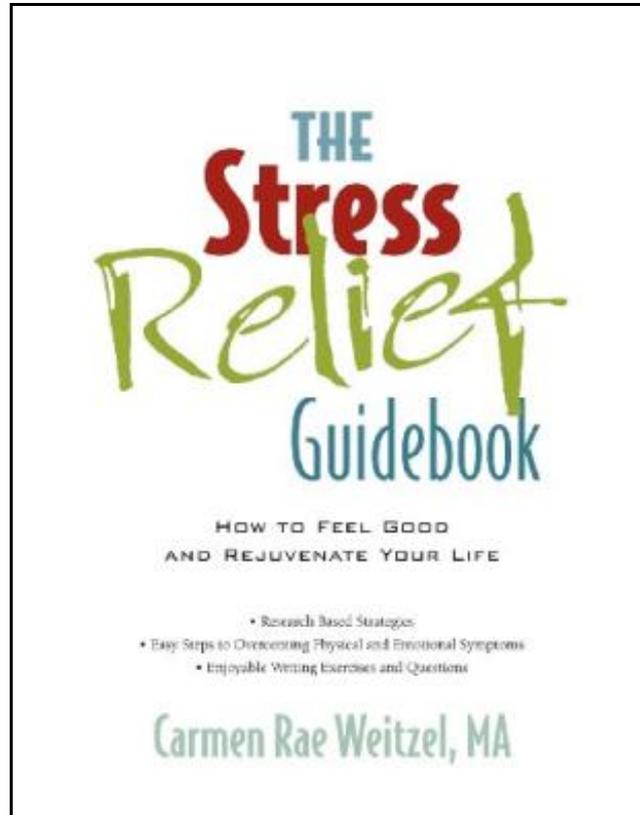


## The Stress Relief Guidebook



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*(Florence Batz IV)*

## THE STRESS RELIEF GUIDEBOOK



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Carmen Rae Weitzel. Paperback. Book Condition: New. Karrie Ross (illustrator). Paperback. 142 pages. Dimensions: 11.1in. x 8.4in. x 0.6in. The Stress Relief Guidebook was written for men and women of all ethnicities and backgrounds. The author offers effective and powerful psychological tools, feel-good strategies, and nutritional guidance for overcoming and preventing various symptoms associated with stress. Many diseases and health problems begin with stress. By practicing the exercises and questions in this book, you will learn life-changing skills. You can experience inner peace, stress tolerance, self-confidence, and the joy of a healthier mind and body. Benefits of Stress Reduction: Feelings of peace, motivation, and joy Positive attitude toward yourself and others Sense of feeling and looking younger Strengthened immune system Fewer allergy symptoms Normal blood pressure Healthy self-esteem Patience with others Fewer addictions and unwanted cravings Ideal body weight Stable energy throughout the day Quality sleep at night Feelings of relaxation, mental clarity, and empowerment Improved motor coordination Balanced neurotransmitters and brain function Strengthened cardiovascular and digestive health Clear and vibrant skin Regular menstrual cycles Less anger, sadness, irritability, and anxiety About the author: Carmen Rae Weitzel earned her bachelors degree in English Literature from the University of Pittsburgh, a masters degree in Psychology from Pepperdine University in Los Angeles, and certifications from the Vibrant Reiki Clinic in San Francisco. She has studied mind and body healing modalities and stress management for more than 15 years, assisted patients in residential treatment for mental health and physical disabilities, and volunteered as a research assistant at the University of California in Los Angeles. She is also a business owner and helps animals and their owners with administration of medications. Carmen dedicates her lifes work to helping others, people and animals, to heal, rejuvenate, maintain optimum health, and feel a sense of peace and...



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