



# **Stress Solutions Guide: The practical stress reference guide for everything in your life (Stress Busters Book 2)**

*Ronnie Nijmeh*

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What is the **#1 stress management solution**? How do you enjoy **TRUE stress relief**?  
How do YOU cope with stress?

Do you smoke, drink, eat junk foods, over-eat, procrastinate, abuse others, emotionally break down, cry, ignore the stress, or seek medication as a solution to stress?

We both know that these “solutions” simply don't work. At best, it's a temporary relief from stress. At worst, it's harmful to your health.

## **Here's The Unfortunate Truth:**

**Stress is the SILENT KILLER** that leads to heart disease, high blood pressure, chest pain, and other chronic health conditions...

... but beyond the scare tactics, stress just plain stinks! You feel overwhelmed, down, anxious, and nothing seems to calm the nerves down.

## **Good news!**

You can finally take control of your stress, get relief from burnout, and live a longer, happier life.

That's what this stress management techniques book is for.

Inside the **Stress Solutions Guide**, you'll find the 30 most common sources of stress and exactly what you can do about it:

1. Addictions & Bad Habits
2. Anxiety
3. Burnout
4. Change
5. Communication
6. Complex Tasks
7. Conflict
8. Deadlines
9. Direction
10. Dissatisfaction
11. Emergencies
12. External Pressure
13. Family
14. Getting Started
15. Health Concerns
16. Insecurity
17. Money
18. Passion
19. Perfectionism
20. Positive Life Changes
21. Pressure to Succeed
22. Prioritize
23. Procrastination
24. Relationships
25. Stagnation
26. Studies
27. Time
28. Uncertainty
29. Weight Loss
30. Work-Life Balance

Are you ready to overcome burnout and get REAL relief from stress? Then you need the "Stress Solutions Guide" – a handy stress management reference book.

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