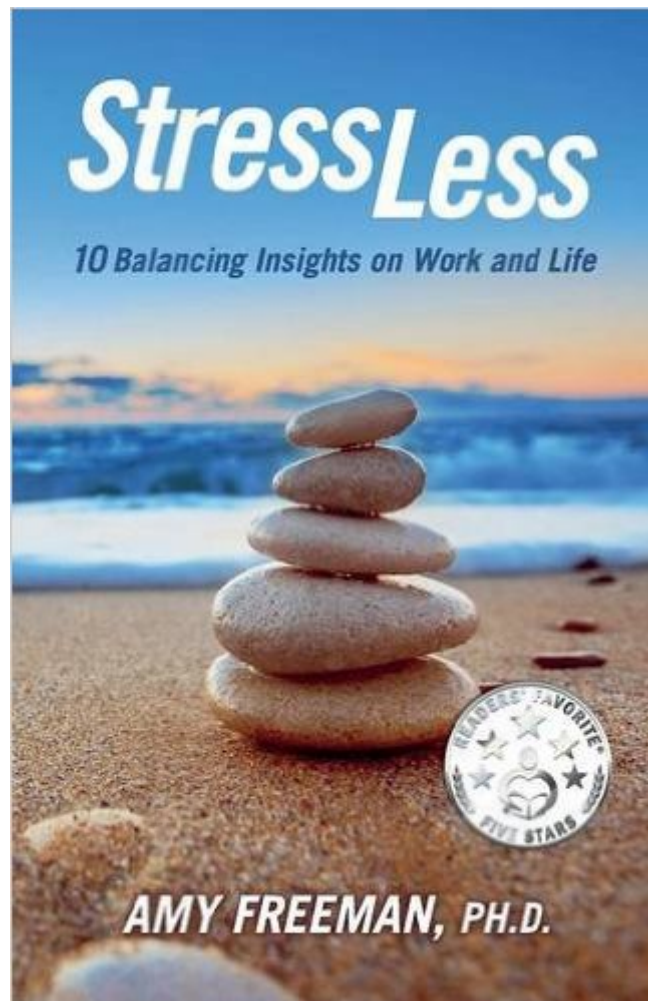


The book was found

# Stress Less: 10 Balancing Insights On Work And Life



## Synopsis

How do you do it all? Is it even possible? There are thousands of books about time management, multitasking and doing more. This book is about being comfortable with doing less, resting and directing action in a way that energizes or brings peace. Stress Less offers 10 tangible ways of dealing with stress, balancing a busy life and embracing peace of mind. Themes include: • Saying No, • Asking for Help • Managing time with YOU in mind. Interactive videos can be viewed by scanning the QR codes throughout the book, giving a more personalized viewpoint of the author. These are excerpts from the companion DVD presentation, Finding Your Balance in Work and Life: Truths and Myths about Having It All. Worksheets are provided at the end of each chapter encouraging you to Take a Rest Stop and start making small changes. Start now! Feel better. When you take care of YOU, you'll have the resources you need to share with others. Amy Freeman holds a Ph.D. in Workforce Education.

## Book Information

Paperback: 86 pages

Publisher: Daylight Press (March 15, 2014)

Language: English

ISBN-10: 096419712X

ISBN-13: 978-0964197121

Product Dimensions: 5.5 x 0.2 x 8.5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars • See all reviews • (2 customer reviews)

Best Sellers Rank: #1,810,710 in Books (See Top 100 in Books) #288 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injury Prevention #3958 in Books > Self-Help > Stress

Management #11770 in Books > Self-Help > Success

## Customer Reviews

This book is a game changer for people who do too much. It is a quick inspiring read. The author gives her personal take on the subject matters with quick codes to make the reader even more engaged.

An excellent read that is truly helpful. Full of good information. Gives little "work sheets" to keep me on track and QR codes that link to other good resources. Also an amazing list of other resources in the very back!

[Download to continue reading...](#)

Stress Less: 10 Balancing Insights on Work and Life Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) Chakras for Beginners: An Idiot's Guide to Chakra Healing Chakra Energy and Chakra Balancing for Health, Wealth and Happiness (Chakra Healing, Chakra Balancing, Chakra Meditation Book 1) Balancing in Heels: My Journey to Health, Happiness, and Making it all Work Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing For Beginners) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) A Cup Of Coffee With 10 Of The Top Cosmetic Dentists In The United States: Valuable insights you should know before you have cosmetic dental work done Argue Less Love More: 5 Communication Secrets For Couples Who Want Less Pain And More Passion Gardening with Less Water: Low-Tech, Low-Cost Techniques; Use up to 90% Less Water in Your Garden Gone Girl: Novel by Gillian Flynn -- Story Shortened into 35 Pages or Less! (Gone Girl: Shortened into 35 Pages or Less! -- Paperback, Hardcover, Audiobook, Audible, Novel,) Summary - After You: Novel by Jojo Moyes -- Story Shortened into 35 Pages or Less! (After You -- Story Shortened into 35 Pages or Less! - Audible, Audiobook, Paperback, Hardcover, Book) The 7 Chakras: Balancing, Color and Meaning: Hinduism Philosophy and Practice Master Your Metabolism: The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body! Perspectives for Agroecosystem Management:: Balancing Environmental and Socio-economic Demands Quarterly Essay 61 Balancing Act: Australia Between Recession and Renewal Electrochemical Energy Storage for Renewable Sources and Grid Balancing Conservation Science: Balancing the Needs of People and Nature Balancing Magic and Other Tricks (First Book) The Wedding Checklist: Free yourself from wedding stress - and plan your entire wedding - in less than one week The Mind-Beauty Connection: 9 Days to Less Stress, Gorgeous Skin, and a Whole New You.

[Dmca](#)