



How to Manage Stress (Brilliant Business)

Mike Clayton

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Ready to take back control?

We all have stress in our lives. It could be a deadline at work, a major change such as a house move, or a relationship breakdown. Whatever it is, it can leave you feeling out of control.

How to Manage Stress helps you work out what it is that makes you stressed and shows you how you can tackle it. Whether you crumble under pressure, get angry, or simply bury your head in the sand, this book provides effective techniques to help you take the edge off and even channel your stress in a positive way.

- Know how to create a calm and stress-free environment
- Make better use of your time – never again get overwhelmed
- Identify stress in yourself and others – and know what to do about it

‘Engaging, practical and packed with simple to achieve exercises that really do help you combat stress.’

Matthew Cole, Clinical Director, York Stress & Trauma Centre

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