



Eliminate Stress from Your Life Forever: A Simple Program for Better Living

By Atkinson, William

Amacom Books, Saranac Lake, New York, U.S.A., 2004. Trade Paperback. Book Condition: New. First Edition. 171 Pages Indexed. Dozens of simple, practical suggestions for taking control of your well-being, and includes an easy-to-implement 100-day program designed to help you incorporate them into your busy schedule. Base on more than two decades of research, and incorporating a wealth of ideas, this book gives you the power to achieve a more peaceful, happier life. Conents in Four Parts: A Multidimensional Enemy, Basic Stress-Prevention Strategies, Advanced Stress-Prevention Strategies, and YOur 100-Day Program. Size: 6" x 9".



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