

**UNLEARNING STRESS: CREATING AN EASIER,
HEALTHIER, MORE BALANCED LIFE**

Jeannette Fullen

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Unlearning Stress | Unlearning Stress: Creating an Easier, Healthier, More Balanced Life

of life Dr Karen Koffler, Medical Director of Canyon Ranch Miami Beach Unlearning Stress Creating an Easier, Healthier, More Balanced Life.

You'll feel more balanced and emotionally stronger within just a week. Thanks to new stress creeping into my life again, I suddenly realised that it was me causing my own stress, not my work. But naturally it would be a lot healthier to tackle this problem once and for all. . It's easy to dismantle your fear.

Stress is easy to unlearn with this no-nonsense approach. If you want to stay fit and healthy, it's essential to acknowledge stress symptoms as meditation sessions in order to find inner calm, emotional balance and a clear focus. This is more than ten years ago and since then my life has changed beyond recognition.

Unlearning Stress Creating an Easier Healthier More Balanced Life From Stress to Peace Stress Free You In 1 Hour Stress-free stress management manage.

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