

Undress Your Stress

Levy

*ebooks | Download PDF | *ePub | DOC | audiobook*



 Download

 Read Online

#3878851 in Books 1999-09-01 Original language: English PDF # 1 7.00 x .36 x 5.751, #File Name: 1570714827128 pages | File size: 74.Mb

Levy : Undress Your Stress before purchasing it in order to gauge whether or not it would be worth my time, and all praised Undress Your Stress:

0 of 0 people found the following review helpful. Great service of great book!!! By LeeBook was welcome as addition to church group to show them how to relax and feed their soul when stressed. 1 of 1 people found the following review helpful. What A Joy! By T. Ogden Being that this is the thousandth time I've been on , mostly to look at books, and that this is the first time I've ever written a review for one, (though I'm an AVID reader), that should tell you something in itself. I enjoyed this book tremendously!! I have read other self-help books, and while some of them were good, a lot of them simply do not have approaches that fit into today's hectic world. This book changed all of that for me. I was wandering through a bookstore when this book jumped out at me, and when I picked it up and read a few pages I was delighted at the simple techniques suggested. Although the book is small, it has a lot of BIG ideas that can be used by anyone. Most of the suggestions are free to do, so you don't have to spend a ton of money trying to find a nice way to relax, (which seems to be a popular theme in a lot of self-help books). The author uses her wit, and humor to inspire you in unique ways. It is a delightful read, and the ideas help you truly relax. She also lets you know that there is no

wrong way to do her de-stressing ideas, like meditation. If you don't buy the book from this site, then I suggest that the next time you are in a bookstore, at least seek out the book and read a few pages. It won't take long and you might be thankful you did. I know I am! I'd recommend this book to ANYONE who feels overwhelmed or stressed on a regular basis!!6 of 6 people found the following review helpful. Highly Recommended!By Rolf DobelliThis whimsical book is a serious tool for executives. If you've ever complained that you're stressed out, rushed for time or generally just feel like (...), we challenge you to read this book. There's no rocket science here, but the simple wisdom that Lois Levy doles out might just spark an epiphany. This is common-sense stuff (sleep, play, laugh, quit worrying) that you'd think it would be impossible to forget, even though we all do. We [...] are not joking when we recommend this little book to all executives. You'll feel a little better after you read it, and much better once you follow some of Levy's advice.

Take off tension and take back your life with a variety of simple techniques that will leave you soothed, stress-free and satisfied. When is the last time you:--Danced around your living room?--Screamed at the top of your lungs?--Bought a box of crayons for yourself?--Took a field trip? In quick, easy and not-necessarily-orthodox methods, Undress Your Stress will show you how to strip away stress and shed life's pressure.