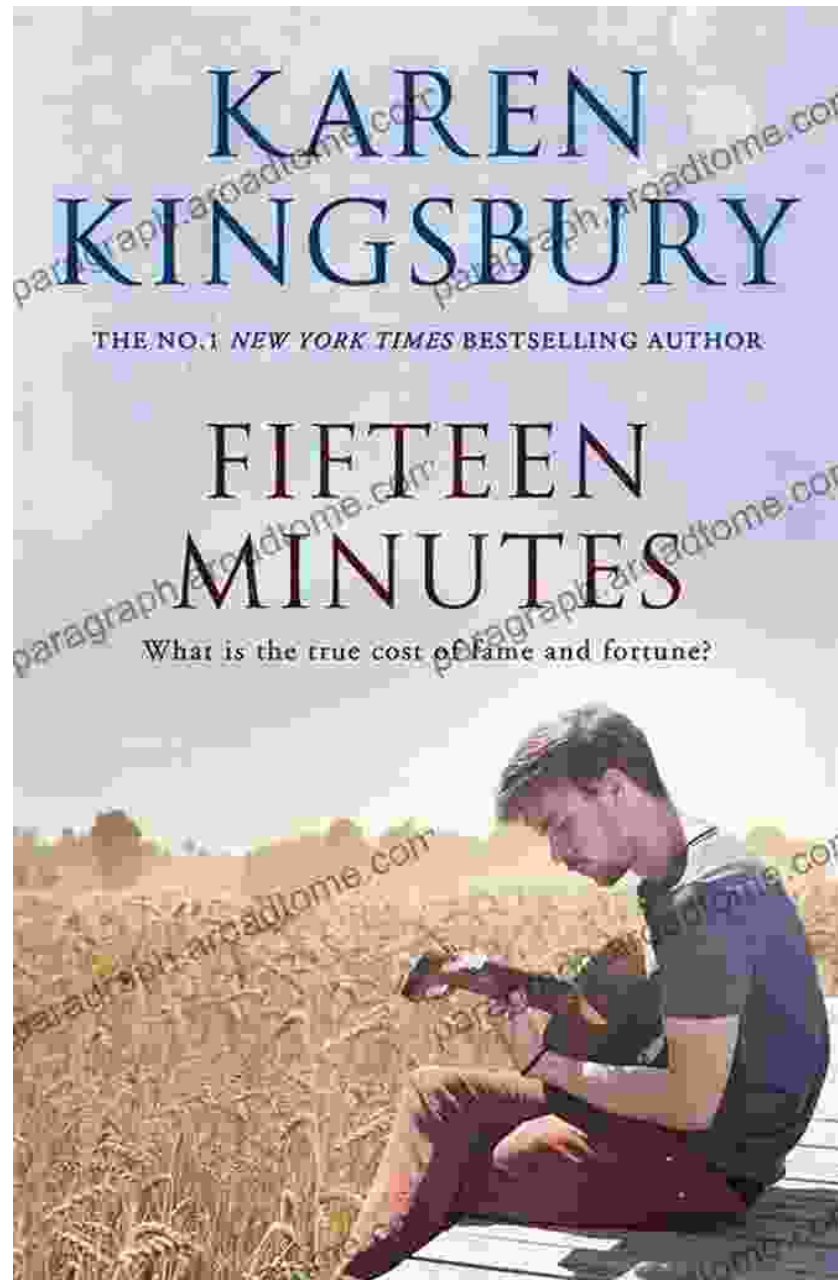
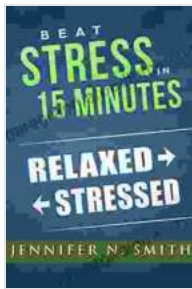


Beat Stress in 15 Minutes: The Ultimate Guide to a Stress-Free Life



Stress is a major problem in today's world. It can lead to a variety of health problems, including heart disease, stroke, diabetes, and obesity. It can also damage your relationships, your work, and your overall quality of life.



Beat Stress In 15 Minutes by Jennifer N. Smith

★★★★☆ 4.2 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 2471 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 77 pages |
| Lending | : Enabled |



The good news is that you don't have to live with stress. There are a number of things you can do to reduce stress in your life, and many of them take just 15 minutes or less.

In this book, you'll learn:

- What stress is and how it affects your body
- The different types of stress and how to identify them
- The best ways to reduce stress in your life
- 15-minute stress-relief techniques that you can do anywhere, anytime

With the help of this book, you can learn to beat stress in just 15 minutes and start living a healthier, happier life.

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- Chapter 1: What is Stress?
- Chapter 2: The Different Types of Stress

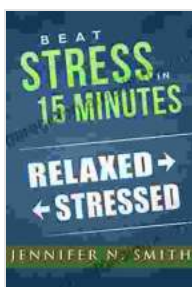
- Chapter 3: The Best Ways to Reduce Stress
- Chapter 4: 15-Minute Stress-Relief Techniques

About the Author

Jennifer Smith is a certified stress management counselor and the author of several books on stress relief. She has helped thousands of people to reduce stress in their lives and live healthier, happier lives.

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