



# **Stress Relief in 30 Seconds: 20 New Proven Tactics to Effortlessly Stop Stress Now! (Easy Stress Management)**

*Phil Pierce*

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**Discover brand-new scientifically proven techniques for fast, effective stress relief you can use today!**  
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This book is your guide to a more relaxed life through easy stress management, without complicated lessons or confusing jargon.

- **Discover how to beat stress in 30 seconds or less!**
- 20 scientifically proven techniques for managing and reducing stress
- **Do you know how to "fake" your way to confidence and reduced tension?**
- Learn which stress-beating myths are actually making you worse!
- **Simple, step-by-step, stress management techniques**
- Discover how to spot the hidden signs of stress and stop it fast
- **How to deal with "panic" quickly and effectively**
- and more!

Based on the latest proven research of health experts, stress management centers, and top scientists, the simple techniques included in this book are all designed to enable you to be calm, confident, and in control, no matter what life throws at you.

Including a hand-picked selection of easy and effective methods guaranteed to stop stress fast.

Ever wondered how to manage stress on the spot or reduce the tension in your everyday life? You may be surprised at how easy it can be...

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