


[DOWNLOAD](#)


Stress Control: Stress-Busting Strategies For The 21st Century

By Susan Balfour

Anshan Ltd. Paperback. Book Condition: new. BRAND NEW, Stress Control: Stress-Busting Strategies For The 21st Century, Susan Balfour, Many books have tackled the subject of stress. Some are heavy, academic and encumbered with jargon. Others maintain a lighter, rather superficial approach. This book is a happy blend of the best of both styles. Stress Control combines the necessary scientific information (such as physiological facts about the effects of stress on our bodily systems) with a contemporary snapshot on today's society, an analysis of what is happening to humankind now that we are well into the twenty first century. In this book Susan Balfour takes a fresh, contemporary look at the dilemmas we face in today's society. She proposes alternative ways of approaching and thinking about life and it's challenges, and suggests solutions from ancient classical wisdom which can be applied to modern problems. In particular, she evaluates our dependence and craving for social networking, and our reliance on being permanently 'connected' - should our personal devices be seen as merely vices? She offers assistance in carrying out an audit of your life on many levels, to help discover just what is weighing you down and holding you back. Stress Control...



READ ONLINE
[2.27 MB]

Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

-- **Dr. Reta Murphy**

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

-- **Claud Kris**