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# Stress Management. Relieve Stress Related Neck Pain (English Edition)



*Par Tony Wilson*  
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## Description :

Prsentation de l'diteurStress ManagementWouldn't you like to be free from the muscular pain caused by stress!!! Do you know the stressors in your life? Are you aware how stress manifests itself on and in your body?This is a practical book that will assist you in the management of stress.Are you frustrated with nagging back or neck pain and are so tired of being ina bad mood because of it?How would it feel if a real massage therapist taught you someeasy "exercises" that require no equipment? And whenI say "exercises" I

don't mean the aerobic kind or anything like that, no - these are therapeutic techniques that require no real exercise of the traditional kind at all. How would it feel to do gentle, easy moves and stretches that would relieve that nagging pain in the comfort of your own home? This Kindle book not only assists you to understand the causes of your stress but also provides you with simple strategies to incorporate stress management techniques into your daily life. Easy to follow instructions for each technique are accompanied by a video showing the technique performed by a real, massage therapist with 15 years experience in the field - the ultimate in stress management strategies!!

Is Stress Really Good For You? Why Do People Say That Stress Is Bad For Us? How Does Stress Affect Me? How Does Stress Affect My Muscles? Why Do I Experience Muscular Pain When I Am Stressed? What Can I Do About My Stress Pain? How Do I Get To Know My Stress? Learn How To Create A Stress Management Strategy? 10 Practical Stress Management Techniques For Your Daily Life. I am a massage therapist who passionately believes that clients need to be empowered to take an interest in their self-care. In order to share the knowledge gained over 15 years in the field treating stress induced muscular pain I have begun to use Kindle Books. I hope you find these very practical insights and self-care techniques beneficial to your wellness. Scroll up and grab your copy now.

Présentation de l'auteur Stress Management Wouldn't you like to be free from the muscular pain caused by stress!!! Do you know the stressors in your life? Are you aware how stress manifests itself on and in your body? This is a practical book that will assist you in the management of stress. Are you frustrated with nagging back or neck pain and are so tired of being in a bad mood because of it? How would it feel if a real massage therapist taught you some easy "exercises" that require no equipment? And when I say "exercises" I don't mean the aerobic kind or anything like that, no - these are therapeutic techniques that require no real exercise of the traditional kind at all. How would it feel to do gentle, easy moves and stretches that would relieve that nagging pain in the comfort of your own home? This Kindle book not only assists you to understand the causes of your stress but also provides you with simple strategies to incorporate stress management techniques into your daily life. Easy to follow instructions for each technique are accompanied by a video showing the technique performed by a real, massage therapist with 15 years experience in the field - the ultimate in stress management strategies!!

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