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HOW TO LICK EXECUTIVE STRESS AND STAY IN TOP EMOTIONAL AND PHYSICAL TRIM

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How to Lick Executive Stress and Stay in Top Emotional and Physical Trim is a practical, step-by-step guide to managing stress. It is the only book that provides a comprehensive, up-to-date, and easy-to-understand overview of the latest research on stress and its effects on health and performance. The book is written in a clear, concise, and accessible style, making it an ideal resource for anyone interested in stress management.

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