



HOW TO LICK EXECUTIVE STRESS

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

- Here are the secrets that successful men use to achieve and maintain winning physical condition and mental potency.
- Here are the methods used by business leaders in organizing their personal lives into effective success patterns.

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International Medical Consultant to Government and Industry. Formerly General Medical Director of Standard Oil Co. (N.J.) and author of *It Pays To Be Healthy*

How To Lick Executive Stress

Kathleen Armour



How To Lick Executive Stress:

Reviewing **How To Lick Executive Stress**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**How To Lick Executive Stress**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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