



# 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.

**Robert Collier Page, M.D., F.A.C.P.**

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

**Paul Wasserman,James  
Sanders,Elizabeth Talbot Sanders**

## **How To Lick Executive Stress:**

## **How To Lick Executive Stress** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **How To Lick Executive Stress**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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