



No More Stress: The New Technique to Manage Stress Anywhere (Paperback)

By Peter Nuttall B Sc

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. We all face many types of daily stress, anxieties and related conditions such as insomnia and headaches. Left unmanaged and untreated, stress can lead to strokes, high blood pressure, depression, diabetes and cardiovascular problems. Total Sense Therapy, through the concept of Portable Sunshine has been developed as an at-home, non-medicinal and customisable stress management therapy which can help you to manage stress and its related conditions throughout the day, wherever you are and whenever it is needed. The book, No more stress explains all you need to know about stress. Learning about stress and understanding what happens to you when you experience anxiety is very important when trying to manage it. The book also explains how Total Sense Therapy works, including the easy-to-understand science behind it. The final part of the book explains how to set up and get the most from your sessions along with several case studies which give examples of how others have set up, used and benefited from Total Sense Therapy.

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