

## 4 Power Tools to Destroy Your Stress

# Four Power Tools to Destroy Your Stress

*By John Williams*

Stress is such a pain, and there are so many people dealing with this pain needlessly. Here are four very simple steps to help you first identify the stress and stressors in your life, and then to develop a plan of action designed just for you to allow you to once again be the master over your stress.

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