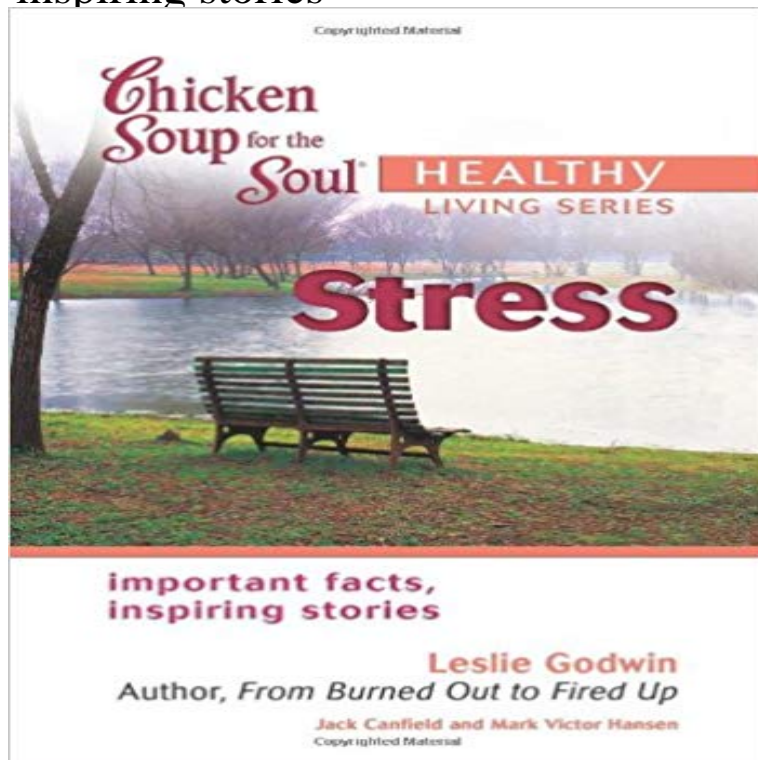


Chicken Soup for the Soul Healthy Living Series: Stress: important facts, inspiring stories



Everyone feels stressed. Everyone knows they should do something about it. But no one wants to be lectured. This book gives people the basic tools they need to slow down, breathe deep and enjoy everything life has to offer. Includes advice on and stories about work, home, kids, diet and dealing with the stress of loved ones. In the Healthy Living series, Chicken Soup for the Soul partners with the nations top experts and organizations to give emotional support and important information to people with specific medical needs. The books feature approximately twelve positive, heartwarming stories from real people, followed by relevant expert medical advice that will positively impact the readers life. Subjects such as diet, psychological issues, family relations, and alternative therapies exist side-by-side with traditional subjects such as understanding common medical terms, the effects of treatment options, and the doctor-patient relationship. Each book contains source notes and a resources section for more information and support.

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