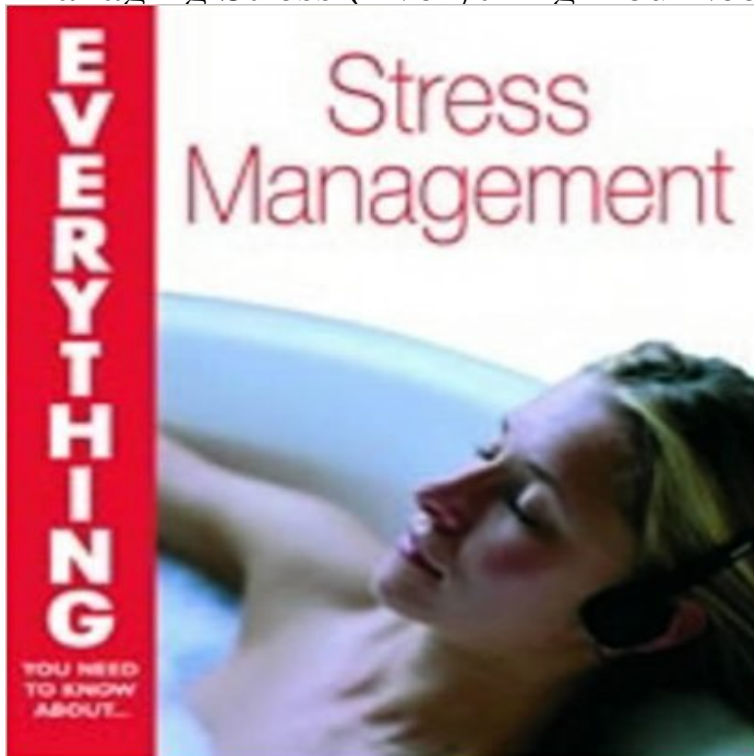


Managing Stress (Everything You Need to Know About...)



A personal programme for dealing with stress permanently, from minimising negative aspects of life, to dealing with day-to-day challenges with a calm, positive frame of mind. Mental, physical and spiritual well-being are constantly monitored as you learn to identify stress and deal with it. From physical exercise and diet to alternative therapies and building self-esteem, learn to control stress with optimism, strength and confidence.

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