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HOW TO LICK EXECUTIVE STRESS AND STAY IN TOP EMOTIONAL AND PHYSICAL TRIM

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How to Lick Executive Stress and Stay in Top Emotional and Physical Trim is a practical, step-by-step guide to managing stress. It is a must-read for all executives, managers, and professionals who want to stay in top emotional and physical trim. The book is written in a clear, concise, and easy-to-read style. It is a must-read for all executives, managers, and professionals who want to stay in top emotional and physical trim.

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In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**How To Lick Executive Stress And Stay In Top Emotional And Physical Trim**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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