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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 the only book of its kind that provides a comprehensive, up-to-date, and easy-to-use guide to the latest research on stress and its effects on health and performance. The book is written in a clear, concise, and accessible style, making it an ideal resource for anyone who wants to learn more about stress and how to manage it. The book is divided into two main parts: the first part covers the basics of stress, including what it is, how it works, and why it is important; the second part covers the latest research on stress and its effects on health and performance, including the latest findings on the effects of stress on the brain, the immune system, and the heart. The book is a must-read for anyone who wants to learn more about stress and how to manage it.

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