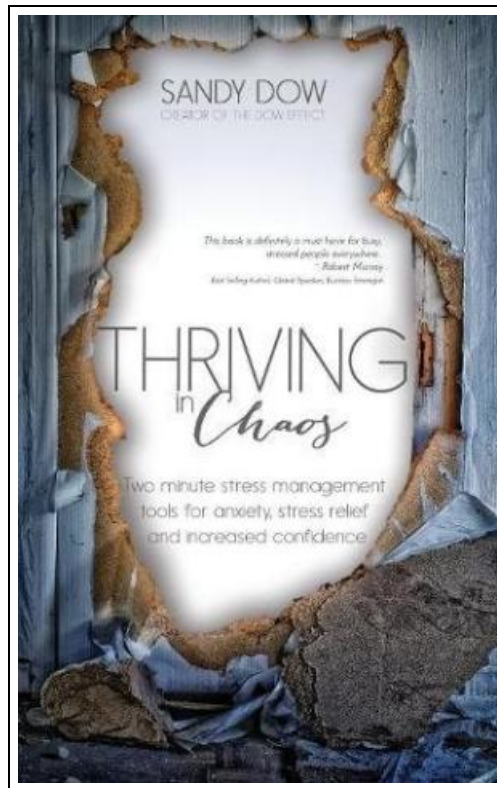


Thriving in Chaos: Two Minute Stress Management Tools for Anxiety, Stress Relief and Increased Confidence (Paperback)



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Reviews

The book is not difficult in read through better to recognize. It really is writer in straightforward terms instead of confusing. I am happy to inform you that this is actually the finest publication i actually have read in my individual daily life and may be he best book for possibly.
(Valerie Heaney)

THRIVING IN CHAOS: TWO MINUTE STRESS MANAGEMENT TOOLS FOR ANXIETY, STRESS RELIEF AND INCREASED CONFIDENCE (PAPERBACK)



Dow Effect Coaching, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is definitely a must-have for busy, stressed people everywhere. Robert Murray - Best-Selling Author, Global Speaker, Business Strategist Thriving in Chaos is THE book you want on your bedside the next time you are feeling the effects of stress. Whether you are losing sleep from worrying about how to pay your bills, unable to move through grief after a breakup or loss, or having anxiety about your speech or business launch, you will find a hands-on tool that can help. Written in the author's lighthearted style, the chapters are a quick, easy read: filled with tips from brain science, Chinese medicine, energy healing and the spiritual realm. These unique, cutting-edge tools are simple enough to share with an anxious child or slip in when you are having a bad day at work. What you will find inside is not a guide for analyzing your problems or using affirmations to gain better skills, but easy-to-learn, experiential techniques that can offer support the moment you need them. The sections on Anxiety and Unwinding offer unique, stress relief solutions critical for fast-paced lifestyles, while in the sections Energize, Confidence and Ancient Solutions for a Modern world, the author shares some of her coaching secrets for high-level performance. The author draws the content of this book from her life experience healing from years of anxiety, as well as her intensive training in the trauma therapy, Somatic Experiencing, combined with years of study and apprenticeship in Shamanic Spirituality. Incorporating the powerful theme of pausing to develop self-awareness, Sandy Dow unlocks the secrets to a new paradigm for extraordinary performance in your personal life and career.



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