



## Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life

By Debbie Mandel

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life, Debbie Mandel, A woman's down-to-earth guide for releasing stress and reclaiming her free-spirit Stress management expert and radio personality Debbie Mandel presents her highly original program for stress reduction. She explains that women who are constantly stressed out have forgotten the dreams of the free-spirited girl living inside them before they became somebody's wife, mother, or workplace colleague. This book, the inspiring and humorous story of successful recovery from stress addiction, outlines her seven steps that have proven to help women overcome daily stressors and reclaim a life of joy and spontaneity. Explores the habit forming pressure principle of stress addiction and how to cure it Provides step-by-step program for self-empowerment, self-care, healthy narcissism, and renewing humor in a woman's relationships Explains the powerful, researched based relationship between food, exercise, and mood Contains indispensable strategies for accepting constructive conflicts with a spouse, partner, friend or colleague to get what she wants Teaches specific techniques for reducing and eliminating stress reduction Addicted to Stress shows how as the addiction to stress is cured, women find...



**READ ONLINE**  
[ 2.03 MB ]

### Reviews

*This is the greatest pdf i actually have go through right up until now. It is actually packed with knowledge and wisdom I found out this book from my dad and i advised this publication to find out.*

-- **Arely Rath**

*I actually started reading this pdf. It can be rally exciting throug reading period of time. Your lifestyle span is going to be enhance as soon as you total reading this ebook.*

-- **Nya Bechtelar**