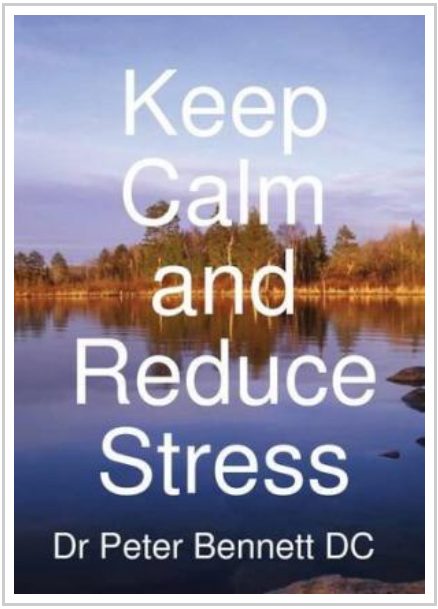


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Keep Calm and Reduce Stress (Paperback)

By Peter Bennett

Lulu Press Inc, United Kingdom, 2014. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.As a chiropractor I have always been interested in the link between stress and health problems. Over the last 20 years I have seen the background levels of stress in our society building as never before - and many people are breaking under the strain. This led me to qualify as a Life Coach and spend more and more of my time helping people to manage or eliminate stress from their lives. I hope you find this workbook helpful. Dr Peter Bennett Chiropractor, Health Coach and Author.

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