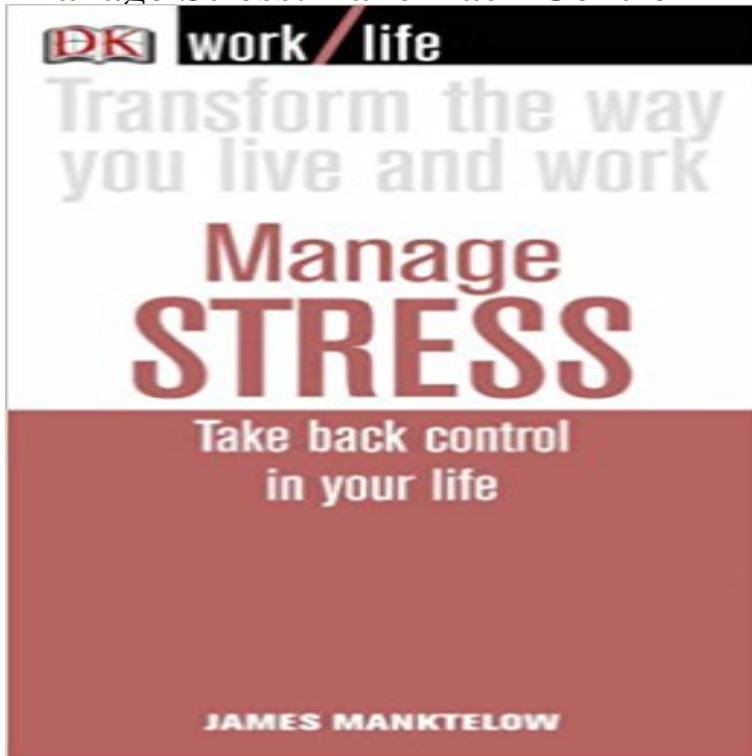


## Manage Stress: Take Back Control in Your Life (WorkLife)



Develop your skills, realise your full potential and make your life work. This title provides all the stress-busting strategies you need, from coping with everyday concerns to making the life changes that will improve your long term well being. It includes practical techniques, effective tips, 5-minute fixes and case studies to equip you to succeed in the real world, plus set your goals and check progress with simple self-assessment exercises. Follow this title as a complete course, or dip in and out of topics of particular interest. It is pocket-sized - take it wherever life takes you.

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