

Unwind 7 Principles For A Stress Free Life

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The authors explore seven key paradigm shifts, from reactive to proactive; unmotivated to inspired; pressured to prioritized; hassled to harmonious; anxious to empathic; defensive to diverse; and tense to tranquil.

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Obviously, I was a fan of Unwind! 7 Principles for a Stress-Free Life. While I only touched on a couple of key areas of focus, the book provided many other strategies and “workouts” to aid in ridding your life of unnecessary and unhealthy stress.

Digesting Unwind! 7 Principles for a Stress-Free Life ...

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