



Conquering Self-induced Stress

Renee Ellison

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Conquering Self-induced Stress Renee Ellison

Insights and tips on coping with personally induced stress. Learn how to overcome addiction to your own adrenaline. Break the hurry syndrome! Includes gems about goal setting and time management drawn from scores of books on highly effective people, and tips on no stress holidays for moms (how to do them with finesse and without fatigue). Gets you on top of your circumstances rather than under them. Just one of these powerful ideas could catapult your influence and productivity far above what they are at present.

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