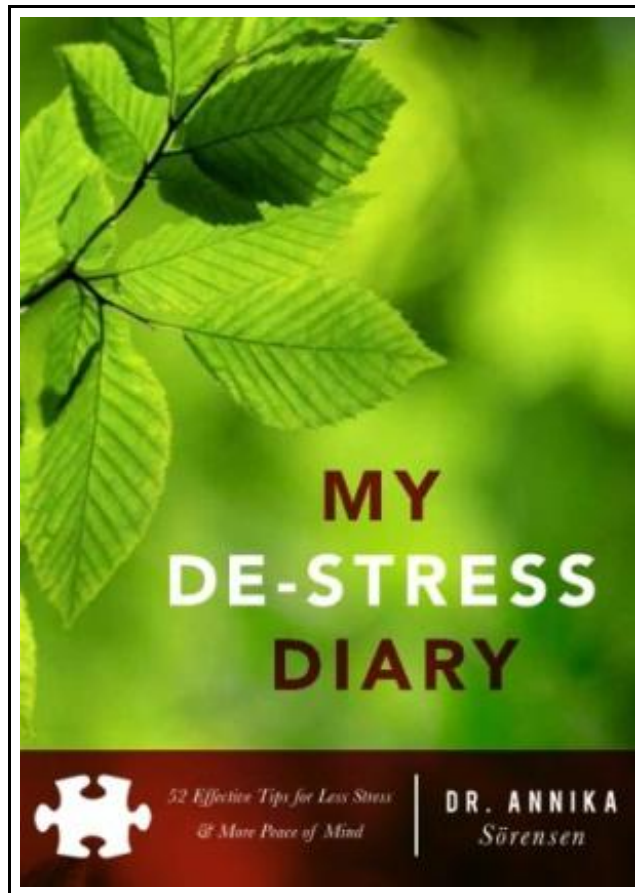


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Reviews

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(Nakia Toy Jr.)

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Ask Dr. Annika, United States, 2014. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.My De-Stress Diary: 52 effective tips for less stress and more peace of mind provides week-by-week tips for readers to introduce into their lives, teaching that even in life's busiest moments, managing stress and finding happiness is possible. Asking questions along the way, My De-Stress Diary is a conversational piece that provides mentorship and support, but ultimately reminds readers that they are responsible for their own changes. Dr. Annika's book functions as a source of empowerment, teaching that the possibility for change begins with intention and a strong mindset. Readers are encouraged to express their intentions and reflections with each tip, thus - as Dr. Annika notes - they become the co-authors of the book. This notion is substantiated as the discussion of each tip provided by Dr. Annika occupies equal space on the page as the section for readers' reflections. As well, the advice and encouragement provided in My De-Stress Diary is widely accessible across audiences, as each of these tips will have a different meaning for each reader. The book meets readers where they are in their lives regardless of their stress level or cause, and encourages them to find an inner meaning with each tip. In going back to the basics, the book intermingles the challenging with the fun, and over the course of a year readers will evaluate their Inventory Network, be dared to communicate openly and honestly, remember to smile, and find time for hugs. This feel-good and thought-provoking guide ultimately teaches that the ropes to harness happiness are just within an arm's reach. My De-Stress Diary is the companion for the overworked, overtired, and for those that...



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