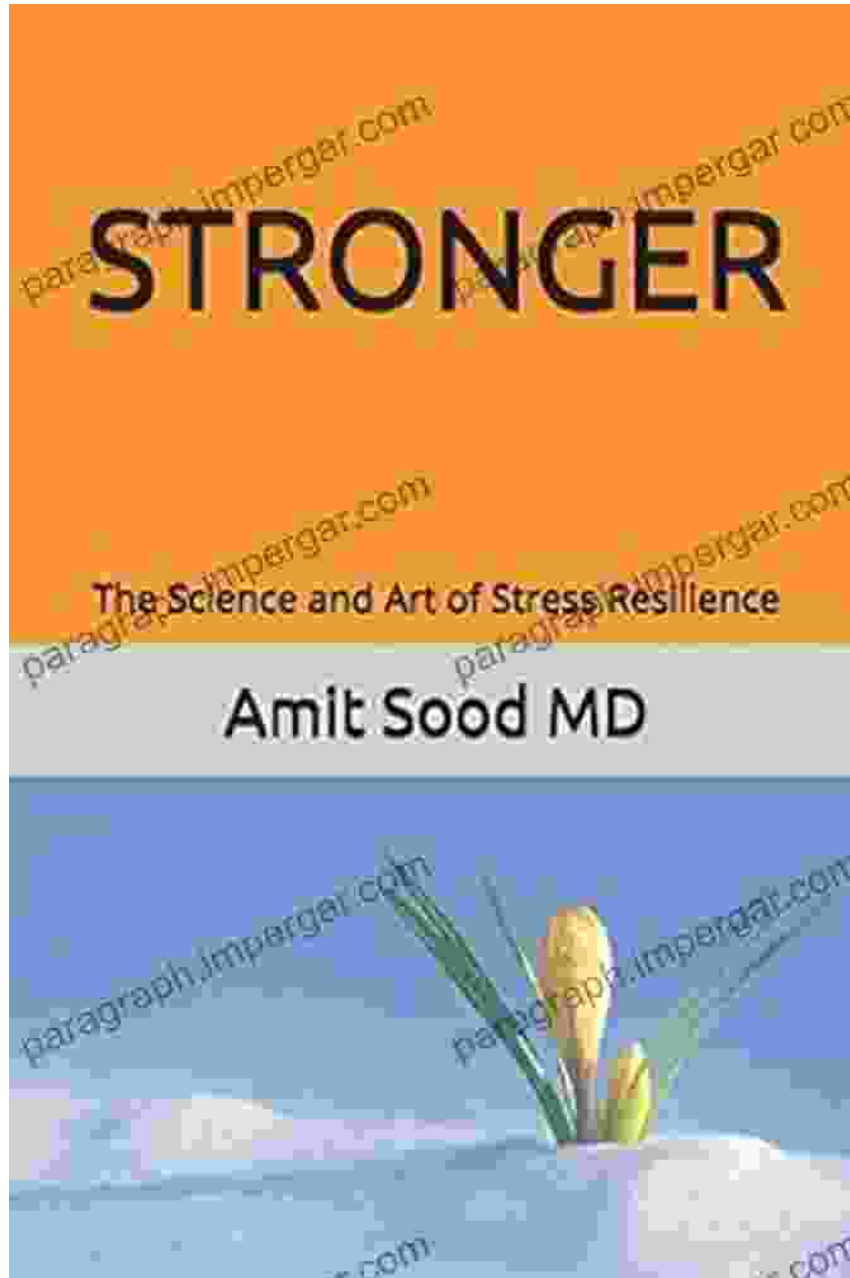
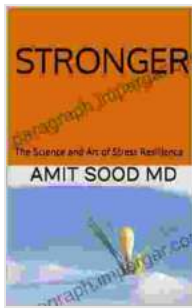


# Stronger: The Science and Art of Stress Resilience



Are you tired of feeling stressed and overwhelmed? Do you feel like you're constantly on the verge of burnout? If so, this book is for you.

In *Stronger: The Science and Art of Stress Resilience*, you'll learn how to:



## Stronger: The Science and Art of Stress Resilience

★★★★☆ 4 out of 5

Language	: English
File size	: 1055 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 111 pages
Lending	: Enabled



- Identify the sources of stress in your life
- Develop coping mechanisms for dealing with stress
- Build resilience to stress
- Live a healthier, happier life

This book is based on the latest scientific research on stress and resilience. It's written in a clear, concise style that makes it easy to understand and apply the principles in your own life.

Whether you're a busy professional, a stay-at-home parent, or a student, this book will help you to build stress resilience and live a healthier, happier life.

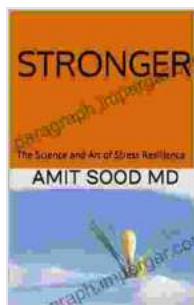
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- Chapter 5: Building Resilience to Stress
- Chapter 6: Living a Healthier, Happier Life

If you're ready to take control of your stress and live a healthier, happier life, this book is for you. Free Download your copy today!

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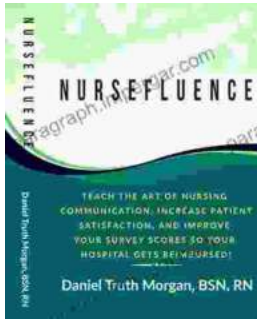
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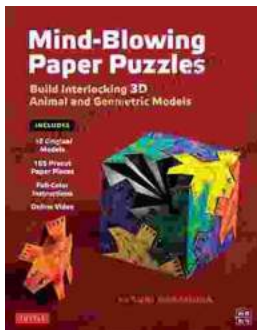
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