



Stress Got You Down? Take Back Your Life!

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What do you really know about your stress? Do you know how to understand or transform it?

What do you really know about your stress? Do you know how to understand or transform it? This book introduces universally approved tools from art therapy and positive psychology alongside practical exercises such as mind mapping to understand your challenges. Discover how to cope better with your stress, using your mind and body to recover balance and serenity. Create a mental anchor and sanctuary, build your own "zen" box, evaluate and nourish your self-esteem, learn to appreciate what you already have.

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