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HOW TO LICK EXECUTIVE STRESS AND STAY IN TOP EMOTIONAL AND PHYSICAL TRIM

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Executive stress is a major cause of illness and disability. It is a leading cause of heart disease, high blood pressure, and other chronic diseases. It is also a leading cause of mental illness, including depression and anxiety. This book provides a comprehensive guide to understanding and managing executive stress. It covers the latest research on stress and its effects on the body and mind. It also provides practical advice on how to reduce stress and stay in top emotional and physical trim. The book is written in a clear, concise, and easy-to-read style. It is a must-read for all executives who want to stay healthy and successful in a competitive world.



How To Lick Executive Stress And Stay In Top Emotional And Physical Trim

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How To Lick Executive Stress And Stay In Top Emotional And Physical Trim:

The Enigmatic Realm of **How To Lick Executive Stress And Stay In Top Emotional And Physical Trim**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **How To Lick Executive Stress And Stay In Top Emotional And Physical Trim** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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