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Thriving in Chaos: Two Minute Stress Management Tools for Anxiety, Stress Relief and Increased Confidence (Paperback)

By Sandy Dow

Dow Effect Coaching, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This book is definitely a must-have for busy, stressed people everywhere. Robert Murray - Best-Selling Author, Global Speaker, Business Strategist Thriving in Chaos is THE book you want on your bedside the next time you are feeling the effects of stress. Whether you are losing sleep from worrying about how to pay your bills, unable to move through grief after a breakup or loss, or having anxiety about your speech or business launch, you will find a hands-on tool that can help. Written in the author's lighthearted style, the chapters are a quick, easy read: filled with tips from brain science, Chinese medicine, energy healing and the spiritual realm. These unique, cutting-edge tools are simple enough to share with an anxious child or slip in when you are having a bad day at work. What you will find inside is not a guide for analyzing your problems or using affirmations to gain better skills, but easy-to-learn, experiential techniques that can offer support the moment you need them. The sections on Anxiety and Unwinding offer unique, stress relief solutions critical for fast-paced...



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