

How To Reduce Stress At Work And At Home! W/

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Seventy-hour work weeks. Crazy commutes. Piles of unpaid bills. Endless family demands. Freeway gridlock. Soccer games. Feel like you want to just jump off the world and let it spin without your for awhile? Life in the fast lane often comes with a built-in speeding ticket. . .Burnout! Its a state of mental and physical exhaustion that can lead to negative feelings about your job, your life and yourself. Reducing stress is key to dealing with burnout. Odds are pretty high that youre a ticking time bomb, ready to blow any minute. Sadly, we are creatures of habit and as such we begin to take the bad stuff for granted as much as the good stuff. You may not even realize that stress is taking a toll on you every day and if you dont get a handle on it, you are in big trouble. This guide can help. How to Reduce Stress at Work and at Home is written just for you. Not only does it help you understand what stress is all about, it gives you tons of stress busters. Tags: job, day, weeks

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