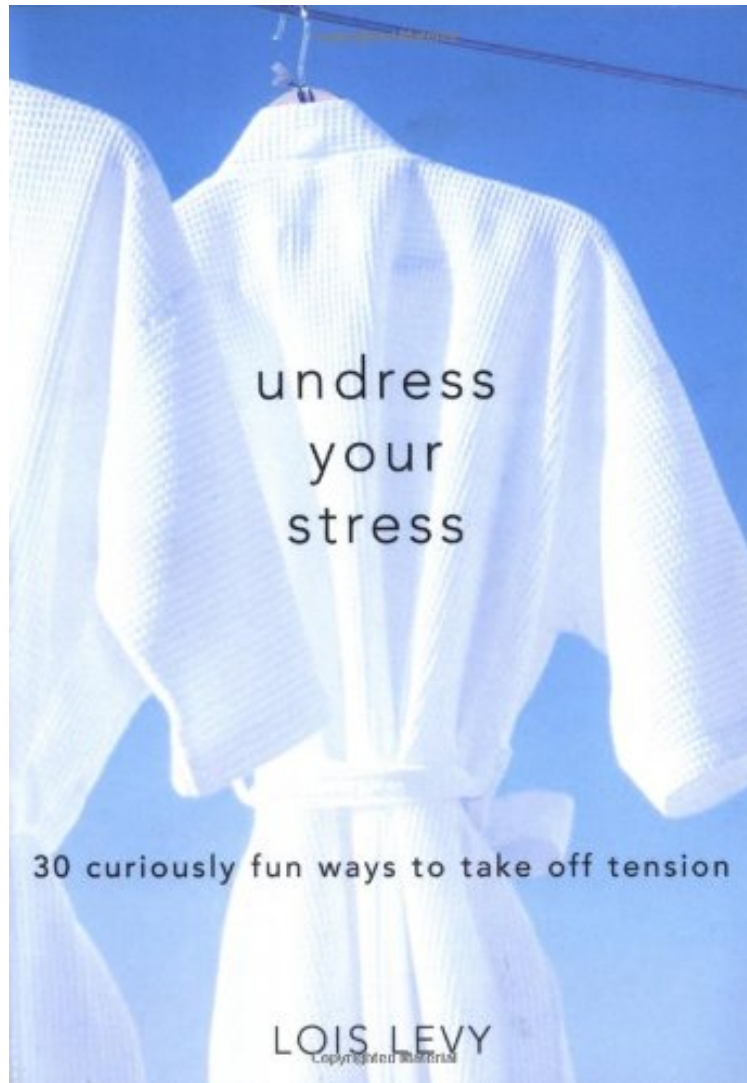


(Download) Undress Your Stress, 2E: 30 Curiously Fun Ways to Take Off Tension

# Undress Your Stress, 2E: 30 Curiously Fun Ways to Take Off Tension

*Lois Levy*

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**Lois Levy : Undress Your Stress, 2E: 30 Curiously Fun Ways to Take Off Tension** before purchasing it in order to gage whether or not it would be worth my time, and all praised Undress Your Stress, 2E: 30 Curiously Fun Ways to Take Off Tension:

28 of 30 people found the following review helpful. Absolutely Terrific!By JustMyOpinionOkay people, I'm old. I'm fifty-eight and have read virtually every self-help book ever written. My daughter is a psychologist, and what I haven't read or tried, she has.I bought this book on a whim. I was having a completely awful day (well, month), and wanted

something (anything) that might give me new information. (Yeah, like that's going to happen at this point in my life!) This book is wonderful. It's a quick read, and presented in two and three page bits. The suggestions are great. I've tried several so far, and they really work. But my favorite part of the book is the last section, "Stop The Madness." It sums up all the psychology, philosophy, and "new age" information I've been reading for decades. And it's presented with a sense of humor. I just love Lois Levy. Aside from her brief bio at the back of the book, I know nothing about her, but I love her! If you want absolutely sound, sane advice presented in the friendliest way possible, buy this book. You'll be glad you did! 0 of 0 people found the following review helpful. Four Stars By Litevidotcom Love the easy to incorporate tips! Daily things we can do but don't think about it. Great resource. 0 of 0 people found the following review helpful. Five Stars By Tammi Ciciora A great read!

Take off tension and take back your life with a variety of simple techniques that will leave you soothed, stress-free and satisfied. When is the last time you: - Danced around your living room? - Screamed at the top of your lungs? - Bought a box of crayons for yourself? - Took a field trip? In quick, easy and not-necessarily-orthodox methods, Undress Your Stress will show you how to strip away stress and shed life's pressure.

From the Back Cover Feeling frenzied? Take off tension and take back your life with a variety of simple techniques that will leave you soothed, stress-free and satisfied. When is the last time you: --Danced around your living room? --Screamed at the top of your lungs? --Bought a box of crayons for yourself? --Took a field trip? In quick, easy and not necessarily orthodox methods, Undress Your Stress will show you how to strip away stress and shed life's pressure. About the Author Lois Levy is a management development consultant who works extensively with corporate executives, teaching them how to create balance in their lives. This book offers the same successful techniques she uses in her nationwide consulting seminars.