



Urban Princess Survival Guide

Carol Van Luik

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STRESS MANAGEMENT AND STRESS MANAGEMENT STRATEGIES THAT WORK - IMPOSSIBLE? NOT IF YOU HAVE THE RIGHT TOOLS. MAJOR OVERHAUL NOT REQUIRED. AND SMALL STEPS ARE GOOD.

Stress isn't just 'in your head.' Therefore you can't always 'positive think' it away. There are many reasons for stress...and many consequences when we don't de-stress. If you can't get rid of the buggers and crazy-makers, then Common Sense would say, "Build A Stronger Platform" or "Create A More Robust Operating System" that can provide you with the firepower you need. POSSIBLE? This author says, "*Oh, yes! I've done it, and you can, too!*"

Make stress your friend. Use it to motivate you. Then read *Urban Princess Survival Guide* to connect the dots, learn how to manage stress *and* stay revved. For those seeking additional information, Appendix contains: Workbook; 2015 Calendar; Work Log; Articles on Thyroid; and Hormone Questionnaire to get the ball rolling on why you can't lose weight, focus, or have no energy.

DON'T MISS A GREAT READ FULL OF UPDATED & MISSION CRITICAL INFO - 12 FUNNY CHAPTERS THAT YOU WON'T BE ABLE TO PUT DOWN. KNOW ANYONE WHO IS STRESSED AND COULD USE A GOOD READ? AND A GOOD LAUGH? WHAT A GREAT GIFT



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Carl Vincent:

Urban Princess Survival Guide can be one of your beginner books that are good idea. We all recommend that straight away because this book has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to put every word into satisfaction arrangement in writing Urban Princess Survival Guide however doesn't forget the main position, giving the reader the hottest and also based confirm resource info that maybe you can be considered one of it. This great information may drawn you into new stage of crucial thinking.

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