



Stress for Success: The Proven Program for Transforming Stress into Positive Energy at Work

James E. Loehr

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The solution to the long hours, frequent travel, & endless pressure to perform in today's business world is to find ways to cut the sources of stress in your life, right? Wrong! Loehr says stress is the most powerful stimulus to personal growth -- the trick is understanding how to turn it to your advantage. Shows how you can control stress by: Attaining a better balance between your personal & your professional life; Deepening your capacity to expend & recover energy; Achieving new levels of physical, mental, & emotional flexibility; & Learning the mental preparation skills that allow you to perform under pressure. Here is a practical 30-day program that leads to physical, mental, & emotional resiliency & the ability to meet professional challenges.

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