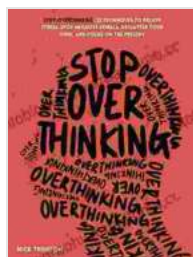


23 Techniques to Relieve Stress, Stop Negative Spirals, and Declutter Your Mind



Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, Declutter Your Mind, and Focus on the Present (The Path to Calm Book 1) by Nick Trenton

★★★★☆ 4.5 out of 5

Language : English
File size : 934 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 192 pages
Lending : Enabled



Are you feeling stressed, anxious, or overwhelmed? Do you find yourself caught in negative thought patterns that you can't seem to escape? If so, then this book is for you.

23 Techniques to Relieve Stress, Stop Negative Spirals, and Declutter Your Mind is a practical guide that will help you to manage stress, overcome negative thinking, and find peace of mind.

This book is packed with evidence-based techniques that have been shown to be effective in reducing stress, improving mood, and boosting mental clarity. You'll learn how to:

- Identify the sources of your stress
- Develop coping mechanisms for dealing with stress
- Challenge negative thoughts and develop more positive thinking patterns
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- Find peace and relaxation in your everyday life

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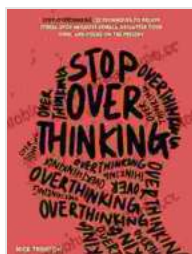
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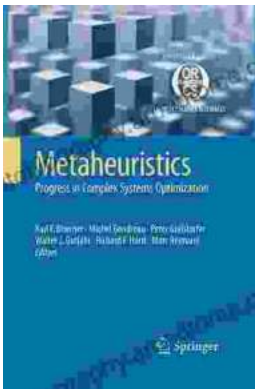
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