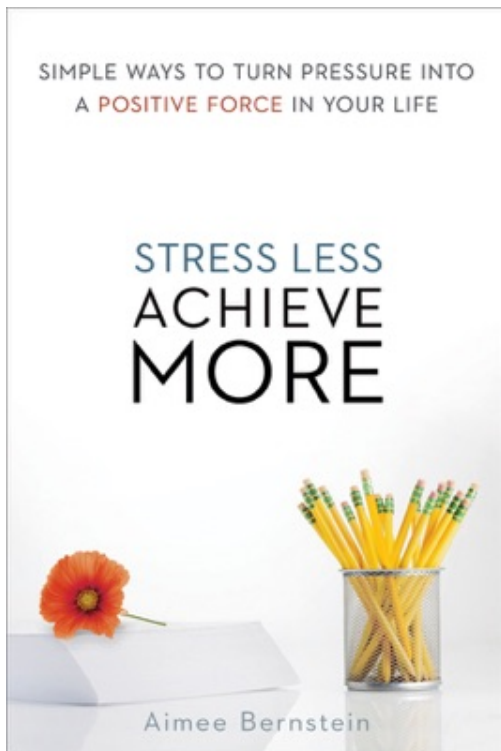


# Descargar libros gratis Stress Less. Achieve More. - Aimee Bernstein QBook



Stress. It's unavoidable today, it seems. High-intensity workplaces. Nonstop at-home demands. Traffic that follows you wherever you go. Stress is near impossible to avoid, and whether we acknowledge it or not, it's definitely taking a toll on our productivity and well-being. But is that spinach salad at lunch really helping to reinvigorate you at halftime? Is the yoga class on the way to work truly decreasing your mental workload throughout the day? Or do all these stress-reduction techniques we utilize to help us persevere through the day just become one more thing to do? In *Stress Less. Achieve More.* executive coach and psychotherapist Aimee Bernstein offers a more effective and realistic approach: Don't try to numb yourself from the pressure or run from it. Embrace it! See it as an energy source that you can tap into in order to accomplish more while feeling calm and centered. Part training manual, part spiritual guide, this must-have book for the stressed individual uncovers a total mental/physical/emotional formula to:

- Stop reacting defensively
- Retrain natural responses to stress triggers
- Resolve conflicts harmoniously
- Energize fatigued teammates
- Relax in difficult situations
- And more

When we swim against the stream of stress, we'll drown in its relentless current every time. But when we learn how to turn stress into an ally, we can thrive under even the most demanding circumstances. With the tips, techniques, and exercises in *Stress Less. Achieve More.* the overwhelmed will finally find the relief they've been searching for.

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