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The Hurried Woman Syndrome: Seven Steps to Getting Your Life Back

By Brent W. Bost

McGraw-Hill Education - Europe. Paperback. Book Condition: new. BRAND NEW, The Hurried Woman Syndrome: Seven Steps to Getting Your Life Back, Brent W. Bost, Stop the chaos of your life and start being happy Do you feel stressed out much of the time? Is there always someplace you're running to? Do you feel like you never have any time for yourself? Is there a constant stream of "to do" lists running through your mind, particularly when you're trying to sleep? Do the things that used to give you pleasure in life—including sex--now fail to excite you? If you answered yes to any of these questions, you may be suffering from Hurried Woman Syndrome, a very real condition that is often a precursor to major depression and other stress-related illnesses. But help is on the way. With Dr. Brent Bost's seven-step program, you will identify what causes stress and worry in your life, lower your stress levels, and learn the principles for achieving and maintaining a healthier body. You will find your lost energy, rekindle passion in your relationships, and finally have the happiness you deserve!.



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