

7 TIPS FOR MANAGING STRESS

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Identify your triggers



Manage your time



Have some me time



Learn to say no



Exercise regularly



Practice deep breathing



Get more sleep

Managing Stress A Businesspersons Guide

Phillip L. Rice



Managing Stress A Businesspersons Guide:

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Managing Stress A Businesspersons Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Managing Stress A Businesspersons Guide**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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