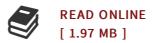




Less Stress More Success Simple Ways to Manage Your Stress and Improve Your Life

By Omada Idachaba MD

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 120 pages. Dimensions: 8.9in. x 5.9in. x 0.4in.Here is your guide to help keep your stress low so that you can be the happy, fulfilled, high achiever that you were destined to be. In the capable hands of Dr. Omada Idachaba, an internist, lifestyle instructor and author, you will learn how to overcome natural tendencies to stress out, so you can improve your health and increase your potential to live a more profitable and fulfilling life. This book will help put you back on the road to healthier thinking and healthier living. Dr. Idachaba has been in practice for more than 15 years and has seen the ill effects of stress. An expert in her field, she understands the anxieties and fears that come with trying to live life and make a success of it. After personally going through a very stressful period with its resulting ill effects, her mission has become one of teaching others that you can live a full and active life without the stress weve come to see as the norm. Also, as a physician who has been on both sides...



Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

-- Frank Nienow

Other Books



God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in.BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows up in the right place at just...



Good Night, Zombie Scary Tales

Feiwel & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in. Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be warned. Good Night, Zombie isnt just any...



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in.This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



The Mystery at Motown Carole Marsh Mysteries

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and...



Phonics Fun Stick Kids Workbook, Grade 1 Stick Kids Workbooks

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in.Learning to read is a fun and exciting time in a childs life, and being able to decode words is an important skill that gives young readers...