



STRETCHED Not Broken: A Caregiver's Toolbox For Reducing and Managing Stress (Friends & Family Version) (Volume 1)

LCSW, Carol L Rickard

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Research has shown caregivers are the MOST vulnerable when it comes to the impact of stress on their health and wellbeing. Not only are they more likely to experience higher levels of depression and anxiety, they also have higher rates of physical health problems such as hypertension, diabetes, and heart disease. Yet, it is possible to minimize these risks by taking action to reduce and manage stress! STRETECHED not Broken is a quick & simple, practical guide to reducing and managing the stress that goes along with being a caregiver. Inside you will find a variety of tools that can be used with many different situations. Nobody experiences stress the same way AND there is no tool that works the same way for everybody. So Carol doesn't provide a one size fits all solution! Instead you will find over 60 stress tools to pick from. You are sure to find many that will work for you! More importantly, they are tools you can begin using right away! Go ahead and make this small investment in your health. You will be glad you did!

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Why? Because this STRETCHED Not Broken: A Caregiver's Toolbox For Reducing and Managing Stress (Friends & Family Version) (Volume 1) is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will shock you with the secret that inside. Reading this book close to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book get such as help improving your ability and your critical thinking technique. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

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