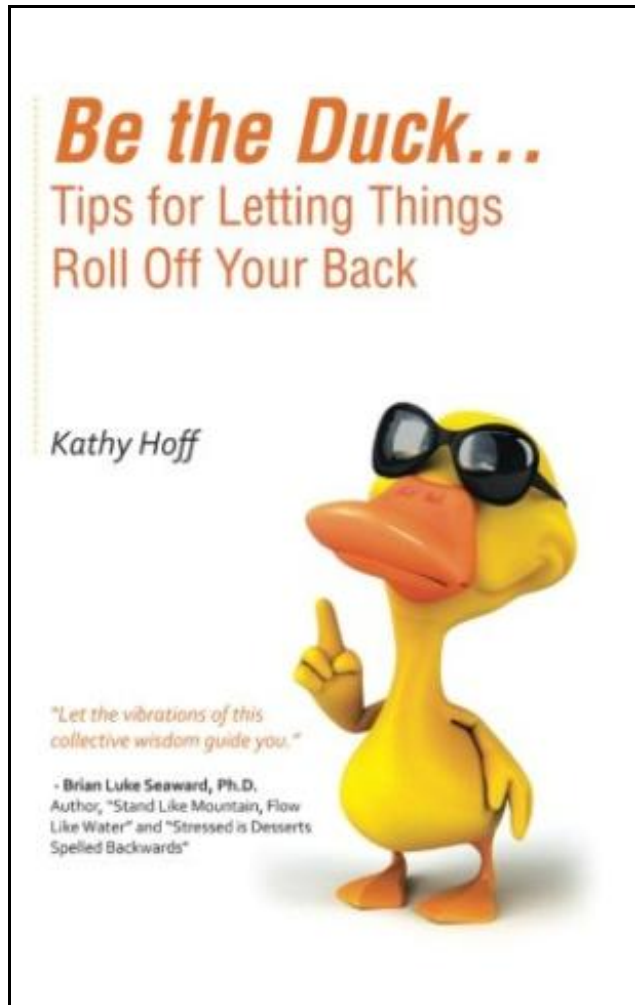


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(Quinton Balistreri)

BE THE DUCK.TIPS FOR LETTING THINGS ROLL OFF YOUR BACK (PAPERBACK)



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Balboa Press, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Everyone experiences stress! Managing stress is the key to becoming more resilient, healthier, and balanced. Learning to think differently and let stress roll off your back can lead to better relationships and a happier self. Be the Duck.Tips for Letting Things Roll off Your Back is a collection of short stories, each containing a tip you can immediately implement in your daily routine. You will be able to: * Adapt to change * Live your values * Understand what you can and cannot control * Implement the relaxation response * Manage your anger better * Be the duck! Many of us feel like we are dealing with unique problems that no one else understands, but Be the Duck.Tips for Letting Things Roll off Your Back shows you re not alone. It not only tells stories that illuminate the fact that we all have stress, but it also gives great solutions to start to change your life in amazing ways. Go ahead.be the duck! -- Dr. Nicole Murphy, Whole Life Chiropractic I ve had the pleasure of working with Kathy in several different capacities. Kathy s creativity and genuine care for others shines through in everything she does. Her messages are so relatable and warm that you find yourself opening up to what can be without feeling intimidated or overwhelmed. She is a gentle cheerleader who is always in your court to support you in your next step on the journey. The wisdom and humor she brings come from her experience and her zest for life. She truly lives life to the fullest and encourages others to have as much fun as she does! -- Wendy Basch, RN;...



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