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## Take Stress from Chaos to Calm: Pulling the Pieces Together: How to Find Your Best Self, Re-Energize and Participate in Life

By Annika Sørensen

Paperback. Book Condition: New. Paperback. 84 pages. Want to climb up from the depths of stress? This new workbook with easy to follow steps, shows you how. Praise for *Take Stress From Chaos To Calm* Dr. Annika provides case studies, exercises and workbook type tasks that challenge the imagination, leading readers to take calm stress and pull the pieces together! Highly recommend! -Judith Collins Book Overview: *Take Stress From Chaos To Calm* is a new workbook on stress dedicated to improving the lives of company leaders and corporate executives. In a fast-pace, high-stress lifestyle, they have long been known to have a difficult time dealing with the stress work brings and keeping it from turning into unmanageable chaos. The effects of stress can often be seen taking their toll on the mental abilities and physical performance. Called the Silent Killer for good reason, there must be a way to not only cope with the effects of stress, but change the way a person manages it. And this book is just what the doctor ordered. Dr. Annika demonstrates that there is a better way. She presents an easy to understand plan to climb up from the depth of stress. This plan...



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