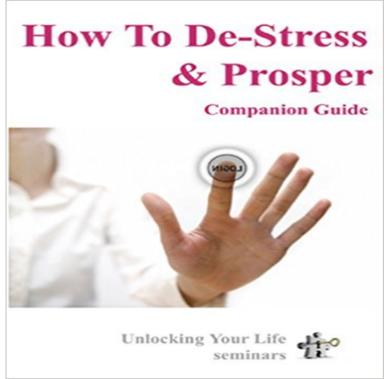
How To De-Stress & Prosper: Companion Guide (Unlocking Your Life Seminars Book 1)



DISCOVER HOW TO DE-STRESS WITHOUT THE HANGOVER! Everybody suffers stress. Its normal. Whats not normal is to suffer stress every moment of the day for years and years. Yet this is the state in which many people find themselves, and its impact is devastating physically, mentally and financially. The HOW TO DE-STRESS & PROSPER Companion Guide will: * CLARIFY once and for all the mess that is stress * CHALLENGE the belief that stress is something you just have to put up with * Show you how to lower your stress levels and KEEP them low * Develop habits to improve your PROSPERITY * Help UNLOCK the true potential of your life Since 2000, Unlocking Your Life seminars has been helping people of all ages achieve their personal-development emotional-management goals through the practice and philosophy of Empowered Living - the specific knowledge of achievement, success and fulfillment. Our intent is to help uplift you to the abundance and fulness that life has to offer. Dr. Scott Zarcinas FounderUnlocking Your Life seminars

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