

STRESS RELIEF GIFTS 10

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📖 **DESKTOP BOXING** RUNNING PRESS,2016-09-27 For boxing fans and desk jockeys alike, Desktop Boxing is the perfect desk accessory for fun yet effective stress relief. Don't take out your stress on your coworkers, take it out on this mini punching bag! Box includes: A mini desktop punching bag with suction cup base Two tiny boxing gloves for your pointer fingers A mini book with basic finger boxing moves and boxing trivia

📖 **COLORING BOOK A PAMPER GIFT FOR WOMAN** BRUCH PAMPER DESIGN,2021-01-24 Coloring Book For Woman Best Pamper Gift for Stress Relieve The Best Pampering Gifts for Woman, your lover in 2021 Single-sided Pages. All drawings are single sided. To prevent bleed-through +38 Cute variety coloring pages Large 8.5 x 11 Coloring Book (80 pages) Buy It Now with A cheap Price Just scroll to the top of this page and click the Add to Cart button. Know someone who loves coloring books.? Make them smile by getting them as a gift too! Coloring books make a wonderful gifts. Which gifts will you need soon? Buy now and have your gifts ready in advance. Coloring books are great for any holiday or special occasion. Christmas gifts, Stocking stuffers Easter baskets, Gift bags family vacations & Travel Birthday & Anniversary presents Valentine's Day, Mother's Day White elephant party, Yankee swap gift exchange, Secret Santa gag gift

📖 **ANXIETY RELIEF FOR TEENS** REGINE GALANTI, PhD,2020-03-17 Is anxiety disrupting your life? With proven CBT-based skills and mindfulness techniques, this book can be your guide out of the spiraling stress of anxiety and get you back on track to living a happy and healthy life. Getting good grades, keeping up with social media, maintaining friendships... you have a lot on your plate and it's more difficult when you add anxiety to the mix. You may even be avoiding situations, events, or people that could trigger your anxiety. So, how do you stop yourself from missing out on life? With Anxiety Relief for Teens, Dr. Regine Galanti teaches you how CBT-based skills and mindfulness techniques can help you manage your anxiety and reverse negative patterns. Through simple and effective exercises that help you change your thoughts, behaviors, and physical reactions, this helpful guide gives you the tools you need to navigate all of life's challenges. Anxiety Relief for Teens features: • Quizzes and self-assessments to better understand your anxiety and emotions and discover their respective triggers. • 30+ CBT-based tools to manage your anxiety along with practical strategies for dealing with challenging emotions such as anger and sadness. • 30+ mindfulness practices to cope with your anxiety in the present moment through visualizations, breathing, meditation, and other exercises.

📖 **THE GRATITUDE DIARIES** JANICE KAPLAN,2022-01-04 In this New York Times bestseller, Janice Kaplan spends a year living gratefully and transforms her marriage, family life, work, and health. On New Year's Eve, journalist and former Parade editor in chief Janice Kaplan makes a promise to be grateful and look on the bright side of whatever happens. She realizes that how she feels over the next year will have less to do with the events that occur than her own attitude and perspective. Getting advice at every turn from psychologists, academics, doctors, and philosophers, Kaplan brings readers on a smart and witty journey to discover the value of appreciating what you have. Relying on both amusing personal experiences and extensive research, Kaplan explores how gratitude can transform every aspect of life, including marriage and friendship, money and ambition, and health and fitness. She learns how appreciating your spouse changes the neurons of your brain and why saying thanks helps CEOs succeed. Through extensive interviews with experts, and lively conversations with real people, including celebrities like Matt Damon, Daniel Craig, and Jerry Seinfeld, Kaplan discovers the role of gratitude in everything from our sense of fulfillment to our children's happiness. With warmth, humor, and appealing insight, Kaplan's journey will empower readers to think positively and start living their own best year ever.

📖 **SWEATPANTS & COFFEE: AFFIRMATIONS FOR ANXIETY BLOBS (LIKE YOU AND ME)** NANEA HOFFMAN,2021-11-02 When you are overwhelmed by worry and your head is a-buzz with noise and confusion, remember that all you need to do is take the first step in front of you This delightful book is devoted to easing your fears, anxieties and worries when life just won't let up. Each page details an insightful message from Nanea Hoffman, creator of the wildly popular Sweatpants & Coffee online community and author of The Anxiety Blob Comfort & Encouragement Journal. Affirmations for Anxiety Blobs (Like You and Me) includes more than 200 affirmations in all, plus dozens of original full-color illustrations. Throughout, Nanea's iconic Anxiety Blob makes its presence known, providing a whimsical or empathetic companion alongside her comforting words. A colorful, beautifully designed collection presented in Nanea's signature voice and style, certain to be a harbor of calm and comfort when the world is at its worst.

📖 **STRESS FREE FOR GOOD** FREDERIC LUSKIN,KEN PELLETIER,2009-10-13 Ten minutes to learn one minute to practice ten seconds to work imagine if you could . . . Radically reduce stress Increase your physical vitality Improve your quality of life Now you can. We live in an age of stress. Each day at work and at home as we struggle to take care of the basics, constant stress significantly affects our ability to lead healthy and happy lives. We struggle with stomach pain, headaches, mood swings, fatigue, depression, high blood pressure, and even heart failure. Not only does stress damage our physical and emotional well-being, but our relationships and productivity suffer as well. What, if anything, can we do to stop this cycle? There is a multitude of books, magazine features, TV programs,

VIDEOTAPES, MEDITATION CLASSES, AND SEMINARS, ALL AIMED AT STOPPING STRESS. BUT UNTIL NOW THERE HAS NEVER BEEN A SCIENTIFICALLY BASED PROGRAM THAT NOT ONLY STARTS WORKING WITHIN SECONDS BUT ALSO CREATES A FOUNDATION TO HELP REMOVE STRESS AND THE SYMPTOMS ASSOCIATED WITH IT FROM YOUR LIFE FOR GOOD. DR. FRED LUSKIN AND DR. KENNETH R. PELLETIER SPENT YEARS AT THE STANFORD UNIVERSITY SCHOOL OF MEDICINE DEVELOPING TEN PROVEN SKILLS FOR ELIMINATING THE STRESS, ANXIETY, AND PAIN THAT OCCUR IN DAILY LIFE. DELIVERING SKILLS THAT HAVE BEEN HONED AND TESTED AMONG A DIVERSE GROUP OF AMERICANS, STRESS FREE FOR GOOD IS EASY TO USE AND STARTS WORKING IMMEDIATELY. OFFERING MORE THAN JUST THE PROMISE OF BREAKING EVEN AND ELIMINATING DAILY STRESS, THESE TEN SKILLS PROVIDE A FOUNDATION FOR LIVING A HEALTHIER AND HAPPIER LIFE. THIS IS NOT ONLY A PRACTICAL AND ACCESSIBLE GUIDE TO CONQUERING THE STRESS IN OUR LIVES ONCE AND FOR ALL, IT IS ALSO THE LAST STRESS AID YOU WILL EVER NEED.

📖 **STRESS RELIEF FOR MEN** JED DIAMOND, Ph.D., 2014-04-01 DEPRESSION, FATIGUE, CHRONIC PAIN, SEXUAL DYSFUNCTION, ANGER, AND IRRITABILITY: THESE ARE JUST SOME OF THE TOXIC EFFECTS OF STRESS. STRESS RELIEF FOR MEN INTRODUCES ENERGY HEALING TECHNIQUES BASED ON ANCIENT WISDOM AND CUTTING-EDGE SCIENCE THAT ARE DESIGNED TO NEUTRALIZE STRESS SO THAT YOU CAN REGAIN INNER STRENGTH AND POWER IN YOUR LIFE--WITHOUT TALK THERAPY OR DRUGS. ACCORDING TO PREEMINENT HEART SURGEON AND AUTHOR MEHMET OZ, MD, THE NEXT BIG FRONTIER IN MEDICINE IS ENERGY MEDICINE. THIS ESSENTIAL RESOURCE PROVIDES THE MOST SCIENTIFICALLY SOUND TOOLS FROM THIS EMERGING NEW FIELD APPLIED TO THE MOST PRESSING PROBLEMS FACING MEN TODAY. LEARN HOW TO: • ERADICATE DEPRESSION, ANXIETY, ANGER, AND IRRITABILITY • IMPROVE YOUR LOVE LIFE--INCLUDING BETTER COMMUNICATION WITH YOUR PARTNER • ELIMINATE CHRONIC PAIN, REDUCE INFLAMMATION, AND SLEEP BETTER • DEVELOP PEACE OF MIND, GREATER WELL-BEING, AND A PASSION FOR LIFE THIS BOOK TEACHES YOU HOW TO APPLY THESE PROVEN ENERGY HEALING POWER TOOLS: • EARTHING (GROUNDING)--HEALING THROUGH CONNECTION WITH THE EARTH'S SURFACE ENERGY • HEART COHERENCE--HEART-BASED BREATHING AND VISUALIZATION TECHNIQUES • ATTACHMENT LOVE--ACTIVATING HEALTHY CONNECTION IN RELATIONSHIPS • EMOTIONAL FREEDOM TECHNIQUES (EFT/TAPPING)--DESCRIBED AS AN EMOTIONAL VERSION OF ACUPUNCTURE THE ULTIMATE GOAL OF THESE PRACTICES IS HEALTH, VITALITY, AND EMPOWERMENT--SO THAT YOU CAN SUCCESSFULLY NAVIGATE RELATIONSHIPS, SKILLFULLY FACE LIFE'S CHALLENGES, AND ENJOY YOUR LIFE!

📖 **POSITIVE INTELLIGENCE** SHIRZAD CHAMINE, 2012 CHAMINE EXPOSES HOW YOUR MIND IS SABOTAGING YOU AND KEEPING YOU FROM ACHIEVING YOUR TRUE POTENTIAL. HE SHOWS YOU HOW TO TAKE CONCRETE STEPS TO UNLEASH THE VAST, UNTAPPED POWERS OF YOUR MIND.

📖 **STRESS RELIEF JOURNAL** ROBERT NEWTON, 2020-01-24 STRESS RELIEF JOURNAL ONE OF THE IDEAL STRESS RELIEF GIFTS FOR WOMEN: PUT AN END TO STRESS AND NEGATIVE THINKING. REDUCE DEPRESSION Who this book is for: - THOSE WHO WANT TO BOOST THEIR ENERGY AND PRODUCTIVITY LEVELS. - BUSY ENTREPRENEURS AND / OR EXECUTIVES WHO WANT A PRACTICAL METHOD TO WORK WITH EASE. - THOSE WHO FEEL TIRED AND OVERWHELMED, STRUGGLING TO FIND TIME FOR SELF-CARE. WE LIVE IN A BUSY WORLD, WHERE IT SEEMS LIKE THE MORE WE DO, THE MORE TIME WE NEED TO GET MORE THINGS DONE. YOU CAN'T HELP IT. YOU'RE AN ACHIEVER, A HARD-WORKING, AMBITIOUS PERSON AND YOU'RE NOT AFRAID TO PUT THE EXTRA HOURS TO GET WHAT YOU WANT. BUT WHEN YOU DO, YOU WISH IT WASN'T THIS HARD. WHAT IF YOU COULD DO ALL OF THIS AND ENJOY SOME FREE TIME? WHEN WAS THE LAST TIME YOU RELAXED AND ENJOYED SOME TIME FOR YOU? TRUST ME, IT DOESN'T HAVE TO BE THAT HARD AND YOU CAN ACTUALLY ENJOY WORK WITH EASE AND SUCCESS! YOU CAN CHASE YOUR DREAMS, WITHOUT STRESSING OUT ALL THE TIME! WE'VE ALL BEEN THERE. TRYING TO HANDLE MORE THAN WE SHOULD, ALWAYS JUGGLING TOO MANY PROJECTS AND ACTIVITIES. WE UNDERSTAND THE IMPORTANCE OF SELF-CARE, HEALTHY HABITS AND MEANINGFUL RELATIONSHIPS. THE PROBLEM IS, EVEN SELF-CARE GETS INTO THAT NEVER-ENDING CHECKLIST OF THINGS TO DO. EVEN WHEN YOU PLAN AHEAD, UNEXPECTED EVENTS SEEM TO FIND A WAY TO RUIN YOUR SCHEDULE. IN THIS BOOK YOU'LL LEARN SIMPLE DAILY PRACTICES, THAT WILL REWIRE YOUR MIND, HELPING YOU GO FROM STRESS TO FLOW; WHILE FINDING THE BEST WAYS FOR YOU TO WORK WITH EASE, AND STILL ACHIEVE YOUR GOALS. THIS BOOK LEAVES ROOM FOR ALL THOSE UNPLANNED STRUGGLES AND HELPS YOU SURF THE WAVE INSTEAD OF TRYING NOT TO DROWN. I GUESS YOU'VE TRIED IT ALL. CREATING LISTS, USING PRODUCTIVITY APPS, READING MOTIVATIONAL BOOKS, GOING TO SEMINARS... BUT, WHEN IT'S TIME TO ACTUALLY DOING IT, CHANGE FEELS IMPOSSIBLE. WHY DO OTHER PEOPLE SEEM TO HAVE IT EASIER? COULD THERE BE ANOTHER WAY? I BELIEVE THERE IS, AND IT'S EASIER THAN YOU THINK. GET RID OF STRESS ONCE AND FOR ALL. REMOVE ALL THE ANNOYING BUGS IN YOUR BRAIN THAT MAKE YOU WORRY ALL THE TIME. SIMPLE, ACTIONABLE STRATEGIES TO STOP FEELING OVERWHELMED ALL THE TIME AND START WORKING WITH EASE. HACKS FOR INSTANT STRESS AND ANXIETY RELIEF. HOW TO MINDFULLY RESPOND TO STRESSFUL SITUATIONS AND STAY CALMED, NO MATTER HOW BUSY YOU ARE. UNDERSTAND HOW STRESS AND WORRY ARE NOTHING BUT BAD HABITS AND WHAT TO DO ABOUT IT SCROLL UP AND DOWNLOAD THIS STRESS RELIEF JOURNAL TO START YOUR JOURNEY TO BE A NEW VERSION OF YOURSELF. TAGS: STRESS RELIEF JOURNAL, STRESS RELIEF WORKBOOK, STRESS RELIEF GIFTS, STRESS RELIEF GIFTS FOR MEN, STRESS RELIEF GIFTS FOR WOMEN, STRESS RELIEF ITEMS, STRESS RELIEF JOURNAL, STRESS RELIEF KIT, STRESS RELIEF NATURAL, STRESS RELIEF TOYS

📖 **THE GOLDEN GIRLS MAD LIBS** DOUGLAS YACKA, FRANCESCO SEDITA, 2017-03-07 FINALLY! A MAD LIBS FOR FANS OF THE GOLDEN GIRLS! THANK YOU FOR BEING A NOUN! GOLDEN GIRLS FANS WILL LOVE TO RELIVE ALL THEIR FAVORITE MEMORIES WITH BLANCHE, DOROTHY, SOPHIA, AND ROSE BY FILLING IN THE BLANKS OF THE 21 STORIES INSIDE THIS BOOK. WHO DOESN'T WANT TO SPEND MORE TIME WITH BETTY WHITE, BEA ARTHUR, RUE MCCLANAHAN, AND ESTELLE GETTY? NOW YOU CAN DO IT IN THE MAD LIBS WAY!

📖 **STOP OVERTHINKING** NICK TRENTON, 2021-03-02 OVERCOME NEGATIVE THOUGHT PATTERNS, REDUCE STRESS, AND LIVE A WORRY-FREE LIFE. OVERTHINKING IS THE BIGGEST CAUSE OF

UNHAPPINESS. DON'T GET STUCK IN A NEVER-ENDING THOUGHT LOOP. STAY PRESENT AND KEEP YOUR MIND OFF THINGS THAT DON'T MATTER, AND NEVER WILL. BREAK FREE OF YOUR SELF-IMPOSED MENTAL PRISON. STOP OVERTHINKING IS A BOOK THAT UNDERSTANDS WHERE YOU'VE BEEN THROUGH, THE EXHAUSTING SITUATION YOU'VE PUT YOURSELF INTO, AND HOW YOU LOSE YOUR MIND IN THE TRAP OF ANXIETY AND STRESS. ACCLAIMED AUTHOR NICK TRENTON WILL WALK YOU THROUGH THE OBSTACLES WITH DETAILED AND PROVEN TECHNIQUES TO HELP YOU REWIRE YOUR BRAIN, CONTROL YOUR THOUGHTS, AND CHANGE YOUR MENTAL HABITS. WHAT'S MORE, THE BOOK WILL PROVIDE YOU SCIENTIFIC APPROACHES TO COMPLETELY CHANGE THE WAY YOU THINK AND FEEL ABOUT YOURSELF BY ENDING THE VICIOUS THOUGHT PATTERNS. STOP AGONIZING OVER THE PAST AND TRYING TO PREDICT THE FUTURE. NICK TRENTON GREW UP IN RURAL ILLINOIS AND IS QUITE LITERALLY A FARM BOY. HIS BEST FRIEND GROWING UP WAS HIS TRUSTY COMPANION LEONARD THE DACHSHUND. RIP LEONARD. EVENTUALLY, HE MADE IT OFF THE FARM AND OBTAINED A BS IN ECONOMICS, FOLLOWED BY AN MA IN BEHAVIORAL PSYCHOLOGY. POWERFUL WAYS TO STOP RUMINATING AND DWELLING ON NEGATIVE THOUGHTS. -HOW TO BE AWARE OF YOUR NEGATIVE SPIRAL TRIGGERS -IDENTIFY AND RECOGNIZE YOUR INNER ANXIETIES -HOW TO KEEP THE FOCUS ON RELAXATION AND ACTION -PROVEN METHODS TO OVERCOME STRESS ATTACKS -LEARN TO DECLUTTER YOUR MIND AND FIND FOCUS UNLEASH YOUR UNLIMITED POTENTIAL AND START LIVING.

📖 **WAKING UP** SAM HARRIS, 2014-09-09 FOR THE MILLIONS OF AMERICANS WHO WANT SPIRITUALITY WITHOUT RELIGION, SAM HARRIS'S LATEST NEW YORK TIMES BESTSELLER IS A GUIDE TO MEDITATION AS A RATIONAL PRACTICE INFORMED BY NEUROSCIENCE AND PSYCHOLOGY. FROM SAM HARRIS, NEUROSCIENTIST AND AUTHOR OF NUMEROUS NEW YORK TIMES BESTSELLING BOOKS, *WAKING UP* IS FOR THE TWENTY PERCENT OF AMERICANS WHO FOLLOW NO RELIGION BUT WHO SUSPECT THAT IMPORTANT TRUTHS CAN BE FOUND IN THE EXPERIENCES OF SUCH FIGURES AS JESUS, THE BUDDHA, LAO TZU, RUMI, AND THE OTHER SAINTS AND SAGES OF HISTORY. THROUGHOUT THIS BOOK, HARRIS ARGUES THAT THERE IS MORE TO UNDERSTANDING REALITY THAN SCIENCE AND SECULAR CULTURE GENERALLY ALLOW, AND THAT HOW WE PAY ATTENTION TO THE PRESENT MOMENT LARGELY DETERMINES THE QUALITY OF OUR LIVES. *WAKING UP* IS PART MEMOIR AND PART EXPLORATION OF THE SCIENTIFIC UNDERPINNINGS OF SPIRITUALITY. NO OTHER BOOK MARRIES CONTEMPLATIVE WISDOM AND MODERN SCIENCE IN THIS WAY, AND NO AUTHOR OTHER THAN SAM HARRIS—A SCIENTIST, PHILOSOPHER, AND FAMOUS SKEPTIC—COULD WRITE IT.

📖 **10% HAPPIER** DAN HARRIS, 2014-03-11 #1 NEW YORK TIMES BESTSELLER REVISED WITH NEW MATERIAL WINNER OF THE 2014 LIVING NOW BOOK AWARD FOR INSPIRATIONAL MEMOIR AN ENORMOUSLY SMART, CLEAR-EYED, BRAVE-HEARTED, AND QUITE PERSONAL LOOK AT THE BENEFITS OF MEDITATION. —ELIZABETH GILBERT NIGHTLINE ANCHOR DAN HARRIS EMBARKS ON AN UNEXPECTED, HILARIOUS, AND DEEPLY SKEPTICAL ODYSSEY THROUGH THE STRANGE WORLDS OF SPIRITUALITY AND SELF-HELP, AND DISCOVERS A WAY TO GET HAPPIER THAT IS TRULY ACHIEVABLE. AFTER HAVING A NATIONALLY TELEVISED PANIC ATTACK, DAN HARRIS KNEW HE HAD TO MAKE SOME CHANGES. A LIFELONG NONBELIEVER, HE FOUND HIMSELF ON A BIZARRE ADVENTURE INVOLVING A DISGRACED PASTOR, A MYSTERIOUS SELF-HELP GURU, AND A GAGGLE OF BRAIN SCIENTISTS. EVENTUALLY, HARRIS REALIZED THAT THE SOURCE OF HIS PROBLEMS WAS THE VERY THING HE ALWAYS THOUGHT WAS HIS GREATEST ASSET: THE INCESSANT, INSATIABLE VOICE IN HIS HEAD, WHICH HAD PROPELLED HIM THROUGH THE RANKS OF A HYPERCOMPETITIVE BUSINESS, BUT HAD ALSO LED HIM TO MAKE THE PROFOUNDLY STUPID DECISIONS THAT PROVOKED HIS ON-AIR FREAK-OUT. FINALLY, HARRIS STUMBLED UPON AN EFFECTIVE WAY TO REIN IN THAT VOICE, SOMETHING HE ALWAYS ASSUMED TO BE EITHER IMPOSSIBLE OR USELESS: MEDITATION, A TOOL THAT RESEARCH SUGGESTS CAN DO EVERYTHING FROM LOWER YOUR BLOOD PRESSURE TO ESSENTIALLY REWIRE YOUR BRAIN. *10% HAPPIER* TAKES READERS ON A RIDE FROM THE OUTER REACHES OF NEUROSCIENCE TO THE INNER SANCTUM OF NETWORK NEWS TO THE BIZARRE FRINGES OF AMERICA'S SPIRITUAL SCENE, AND LEAVES THEM WITH A TAKEAWAY THAT COULD ACTUALLY CHANGE THEIR LIVES.

📖 **BURNOUT** EMILY NAGOSKI, AMELIA NAGOSKI, 2019 THE NAGOSKIS EXPLAIN WHY WOMEN EXPERIENCE BURNOUT DIFFERENTLY THAN MEN-- AND PROVIDE A SIMPLE, SCIENCE-BASED PLAN TO HELP WOMEN MINIMIZE STRESS, MANAGE EMOTIONS, AND LIVE A MORE JOYFUL LIFE. WITH INSIGHTS FROM THE LATEST SCIENCE, PRESCRIPTIVE ADVICE, AND HELPFUL WORKSHEETS AND EXERCISES, THEY EXPLAIN WHY REST, HUMAN CONNECTION, AND BEFRIENDING YOUR INNER CRITIC ARE KEY TO RECOVERING FROM AND PREVENTING BURNOUT. -- ADAPTED FROM PUBLISHER INFO

📖 **STRESS RELIEVING PATTERNS** BLUE STAR PRESS, 2016-07-01 "OUR FAVORITE COLORING BOOK COMPANY." – THE SKIMM THE RUNAWAY BESTSELLER, AS FEATURED IN TIME MAGAZINE, THE NEW YORK TIMES, USA TODAY AND PUBLICATIONS AROUND THE WORLD! FEATURES OVER 35 DETAILED PATTERNS, LOVINGLY REPRODUCED WITH INDUSTRY-LEADING QUALITY. HEAVYWEIGHT, ARTIST-GRADE PAPER AND PERFORATED EDGES PROVIDE AN UNMATCHED COLORING EXPERIENCE AND ALLOWS FOR EXPERIMENTATION WITH DIFFERENT MEDIA.

📖 **MINDFULNESS CARDS** ROHAN GUNATILLAKE, 2018

📖 **LET THAT SHIT GO ANXIETY JOURNAL FOR TEENS** TWIN SOUL JOURNALS AND PLANNER, 2019-11-28 THIS BEAUTIFUL DESIGNED MENTAL HEALTH JOURNAL IS A POWERFUL TOOL THAT WILL HELP YOU RELIEF YOUR ANXIETY AND GAIN AWARENESS AND WELL-BEING BY MANAGE, UNDERSTAND AND TRACK YOUR SYMPTOMS AND PROMOTE THE LIFE THAT YOU DESIRE. 📖 **WARNING: THIS JOURNAL MAY UPLIFT YOUR MOOD** WHAT WILL YOU FIND IN THIS PREMIUM JOURNAL: ANXIETY MANAGEMENT UNDERSTANDING ANXIETY GUIDE TRIGGER TRACKERS LIFE ASSESSMENT THERAPY JOURNALS GUIDED SELF-ASSESSMENT PAGES DEAR FUTURE SELF COPING STRATEGIES DEPRESSION TRACKERS ANXIETY DEBRIEF PAGES ANXIETY LEVELS (TRACKERS) HAPPINESS & GRATITUDE PAGES TRANSFORMING NEGATIVE THOUGHTS SELF AWARENESS CHARTS MOOD CHARTS AND MUCH MORE! 📖 **MAKES A WONDERFULLY THOUGHTFUL GIFT FOR YOUR SELF OR FOR A TEENAGER WHO SUFFERS FROM ANXIETY.**

📖 **MYOM'S VALENTINE DAY COLORING BOOK** RSU PUBLICATION, 2021-01-04 GIVING GIFTS IS A WONDERFUL PRACTICE. IT'S ALWAYS FUN TO SEE SOMEONE REACT TO THE PERFECT

PRESENT. YOU CAN'T HELP SMILING WHEN A GIFT HAS BEEN A SUCCESS. YET, MORE THAN THAT, A GENEROUS SPIRIT IS GOOD FOR THE SOUL. THE TRUTH IS, THERE ARE MANY REASONS TO GIVE GIFTS: GENEROSITY LIFTS YOUR SPIRIT, YOUR MIND AND YOUR RELATIONSHIPS. IT FORGES BONDS AND IMPROVES CONNECTIONS. WHEN INVESTING IN MEANINGFUL GIFTS FOR FRIENDS AND FAMILY, YOU NOT ONLY HELP THEM, BUT YOU ALSO HELP YOURSELF. THIS COLORING BOOK IS PERFECT FOR VALENTINE'S DAY GIFTS. HERE ARE THE TOP 10 BENEFITS OF COLORING FOR ADULTS: 1. ADULT COLORING PAGES REDUCE STRESS 2. ADULT COLORING PAGES RELIEVE ANXIETY 3. ADULT COLORING PAGES EXERCISES THE ENTIRE BRAIN. 4. ADULT COLORING PAGES SPARK CREATIVITY 5. COLORING PAGES HELP YOU TO BE SELF AWARE AND MINDFUL. 6. COLORING PAGES CAN BE A FORM OF MEDITATION 7. COLORING AS AN ADULT BRINGS BACK HAPPY MEMORIES OF CHILDHOOD. 8. ADULT COLORING PAGES CAN BE USEFUL THERAPY TO SOME COMMON DISEASES 9. DISPLACES NEGATIVE EMOTIONS 10. ADULT COLORING PAGES GIVE YOU AN ADULT TIME OUT KEY FEATURES OF THE BOOK: - 48 UNIQUE DESIGNS - ONE SIDE PRINTING TO PREVENT BLEED-THROUGH - 8 x 11 INCH PAGES - HIGH-QUALITY PRINTING - HIGH-QUALITY MATTE COVER FINISH - HOURS OF FUN!

📖 **WHAT IRKS ME ABOUT YOU - LET IT ALL OUT** JUNE DAY, 2020-01-26 EVERYONE HAS SOMEONE IN THEIR LIVES THAT THEY JUST CAN'T STAND, EVEN IF IT'S IN SECRET, YOU KNOW WHO THOSE PEOPLE ARE! YOU WANT TO REAR BACK AND JUST HAUL OFF AND SLAP THEM SO HARD, AND SO MUCH, BUT CIRCUMSTANCE JUST WON'T ALLOW IT. WHAT A BUMMER! COULD BE YOUR BOSS? A CO-WORKER? FAMILY MEMBER? HUSBAND? WIFE? SOMEONE WHO CUT YOU OFF IN THE GROCERY STORE LINE? PEOPLE WHO DON'T USE THEIR BLINKERS WHILE DRIVING? THE URGE IS OFTEN! I KNOW HOW YOU FEEL. HENCE, THE BOOK OF PEOPLE YOU JUST CAN'T STAND! RELIEVES ANXIETY HAVE BETTER HEALTH BY RELEASING FRUSTRATIONS MADE JUST FOR THOSE WHO NEED TO VENT LET IT ALL OUT HERE AND NOW AND SEE HOW THERAPEUTIC IT CAN BE 120 QUALITY PAGES FOR WRITING WHO YOU'D LIKE TO SLAP, WHY YOU'D LIKE TO SLAP THEM AND HOW YOU'D LIKE TO DO IT. MAKES A GREAT GIFT FOR ABSOLUTELY ANYONE IT'S A PROVEN FACT THAT HOLDING IN FRUSTRATIONS CAN HAVE A SERIOUSLY NEGATIVE EFFECT ON YOUR HEALTH. THIS IS A VERY THERAPEUTIC BOOK, ONE THAT EVERYONE SHOULD HAVE. GO AHEAD, HIT THE RELEASE VALVE AND LET IT ALL OUT! YOU'LL BE SO GLAD YOU DID.

📖 **5-MINUTE STRESS RELIEF** ELENA WELSH, 2020-03-03 STOP STRESSING--FAST! FIVE-MINUTE STRESS RELIEF SOLUTIONS RELIEVE STRESS IN A MATTER OF MINUTES WITH THESE HANDY EXERCISES. 5-MINUTE STRESS RELIEF DELIVERS SIMPLE AND EFFECTIVE SOLUTIONS THAT WILL HELP YOU FEEL CALM IN A SNAP. WHETHER YOU'RE AT HOME, IN THE OFFICE, OR TRAVELING, 5-MINUTE STRESS RELIEF HAS AN EXERCISE TO HELP EASE YOUR STRESSFUL SITUATION. DISCOVER HOW YOU CAN RECENTER AND RECOMPOSE YOURSELF BY WATERING YOUR PLANTS, PRACTICING YOGA, OR MAKING A GRATITUDE LIST. BREATHE DEEPLY AND GET READY TO RELAX. IN 5-MINUTE STRESS RELIEF YOU'LL FIND: 75 FAST SOLUTIONS--FIND STRESS RELIEF WHEN YOU NEED IT MOST WITH VISUALIZATION, BREATHING EXERCISES, ACUPRESSURE, COLORING, A WALKING MEDITATION, AND MORE. EASY-TO-USE ADVICE--EACH STRATEGY IS SIMPLE TO LEARN SO YOU CAN START PUTTING IT TO USE RIGHT AWAY. EXERCISES FOR ALL KINDS OF STRESS--WHETHER IT'S PERSONAL, PROFESSIONAL, OR OTHERWISE, THESE EXERCISES CAN HELP YOU MAKE IT THROUGH WHATEVER KIND OF STRESS YOU FACE, WHEREVER IT SHOWS UP IN YOUR LIFE. IT ONLY TAKES A FEW MINUTES TO FIND A SENSE OF PEACE INSIDE THE PAGES OF 5-MINUTE STRESS RELIEF.

IMMERSE YOURSELF IN HEARTWARMING TALES OF LOVE AND EMOTION WITH IS TOUCHING CREATION, EXPERIENCE LOVE'S JOURNEY IN **STRESS RELIEF GIFTS 10**. THIS EMOTIONALLY CHARGED EBOOK, AVAILABLE FOR DOWNLOAD IN A PDF FORMAT (PDF SIZE: *), IS A CELEBRATION OF LOVE IN ALL ITS FORMS. DOWNLOAD NOW AND LET THE WARMTH OF THESE STORIES ENVELOP YOUR HEART.

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