

# STRESS BUSTING MANUAL

For the everyday challenges of modern life



## FRUST

When your b  
details, catc  
takes out a



## STRESS BUSTING PACK

EFT Scripts for dealing with  
the everyday challenges in our  
modern world.

## APPING POINTS



# Stress Busting

**Bob Losyk**



## **Stress Busting:**

**Practical Stress Busting Secrets** RD King, Discover The Best Tricks For Busting Daily Stress From Your Life If you take a look around at the world you'll see that stress tension and anxiety impact just about every single one of us Regardless of who admits to it or not Have you been late to work recently Did your boss come in and give you crap because he's in a bad mood and you're an easy target Did you get loads of work dumped on you by others causing you more stress Have you parked your car somewhere only to find some jerk hit your car with a shopping cart or some inconsiderate person decided to key your car for no reason Have you had to deal with rude customers or people in life and they've made you feel lousy about yourself through the process Have you been bothered by bill collectors or other debts that are nagging at you day in and day out Are you feeling overwhelmed all around in many different aspects of your life If you answered yes to any of those you're not the only one at all Unfortunately whether you approve of it or not the world is definitely NOT a fair place And in many cases it's not a nice one either Some even think that it's becoming worse as years go on So why is that

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