



How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief

Rick Smith, Master Self Hypnosis

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It's True! You Really CAN Learn How to Master Stress... In A Weekend!

Stressed? Anxious? It's time for MASSIVE ACTION...

There are plenty of books about Stress, so why would the world need another one, and what makes this one different?

Well, maybe you are dealing with Stress or Anxiety for the first time, or maybe you've suffered for years, and nothing else worked. Whatever the case, you're looking for **Results**, otherwise you'll probably waste a lot of time and come away disappointed and disillusioned. You need a **System**.

New from Rick Smith, Author of the Best-Selling "How to Master Self-Hypnosis in a Weekend"...

In **HOW TO MASTER STRESS IN A WEEKEND** you will learn;

- Why Stress is so dangerous to your health and well-being, and why you need to attack it head-on if you are to reclaim a healthy balance and happiness in your life.
- What are the tired old 'conventional' approaches to Stress Management and Anxiety Relief, and why many of them simply don't work.
- The remarkable power of Self-Hypnosis, and how you can *easily* train yourself in just one weekend, so that you'll have a Secret Weapon to use, anytime and anywhere that stress attacks.
- How to take **Massive Action** to lift yourself out of inappropriate work or relationship situations which are causing your deadly, chronic stress.

Includes Four Powerful Hypnosis Recordings that will Change Your Life!

More than 5000 Downloads in the last three months alone!

With this book, you'll have unlimited free access to the complete 'Master Self-Hypnosis in a Weekend' recorded script program, to download to your PC or Portable Device. More than 5000 people have downloaded these scripts since the program launched in February 2014. Here's just a sample of what some of them had to say (Genuine Amazon Verified Reviews)...

- *"Most importantly, the book and exercises DO WORK! I had 10 sessions with a professional hypnotherapist some years ago, and this book by Rick Smith produced equal or better results, as far as depth and quality of hypnotic state are concerned."*
- *"I can now confidently say I can put myself in trance rather easily. I will now start on my specific goals. The process described in the book is simple but effective which is perfect for me."*
- *"This is a clever system, neatly packaged with all the recorded scripts and explanations so that you always know exactly what to do."*


Many stress and anxiety books nibble away at the symptoms without drilling down to the root causes. That's not what this one is about. There's nothing 'gentle' or 'new-age' about this approach. This book gives you the brutal truth about what stress is trying to do to you, and a decisive and effective battle-plan to combat it.

Quickly master simple and effective techniques for Stress Management, Anxiety, Stress Relief and Stress Reduction.

No-one is born to be unhappy, so do something about it!

Click NOW on 'Look Inside' and read Chapter One Free!

(This book was first published in April 2014, under the title "Give Stress the Finger")

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From reader reviews:

Matthew Lyons:

Information is provisions for folks to get better life, information these days can get by anyone at everywhere. The information can be a knowledge or any news even restricted. What people must be consider when those information which is in the former life are difficult to be find than now is taking seriously which one works to believe or which one typically the resource are convinced. If you have the unstable resource then you obtain it as your main information we will see huge disadvantage for you. All those possibilities will not happen inside you if you take How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief as the daily resource information.

Teresa Raap:

Reading can called head hangout, why? Because if you are reading a book especially book entitled How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief your head will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a reserve then become one form conclusion and explanation in which maybe you never get before. The How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief giving you one more experience more than blown away your head but also giving you useful details for your better life on this era. So now let us teach you the relaxing pattern is your body and mind are going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Gay Swiderski:

With this era which is the greater particular person or who has ability to do something more are more valuable than other. Do you want to become among it? It is just simple approach to have that. What you should do is just spending your time little but quite enough to get a look at some books. Among the books in the top checklist in your reading list is How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief. This book which is qualified as The Hungry Inclines can get you closer in turning into precious person. By looking upwards and review this e-book you can get many advantages.

Malcolm Thurmond:

As we know that book is very important thing to add our expertise for everything. By a book we can know everything we really wish for. A book is a range of written, printed, illustrated as well as blank sheet. Every year had been exactly added. This reserve How to Master Stress in a Weekend: Massive Action for Stress Management, Anxiety, Stress Relief was filled in relation to science. Spend your time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading a new book. If you know how big benefit from a book, you can truly feel enjoy to read a book. In the modern era like at this point, many ways to get book that you wanted.

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