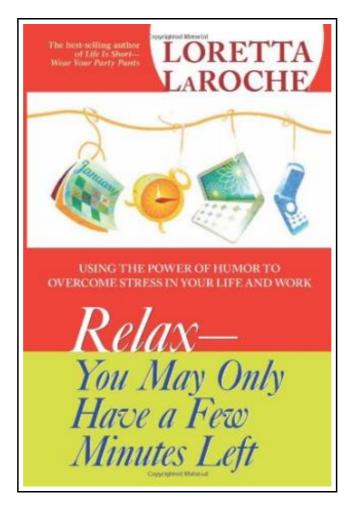
Relax: You May Only Have A Few Minutes Left: Using the Power of Humour to Overcome Stress in Your Life and Work



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Reviews

A must buy book if you need to adding benefit. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is only after i finished reading this publication where in fact modified me, alter the way in my opinion.

(Prof. London Gerlach)

RELAX: YOU MAY ONLY HAVE A FEW MINUTES LEFT: USING THE POWER OF HUMOUR TO OVERCOME STRESS IN YOUR LIFE AND WORK



Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Relax: You May Only Have A Few Minutes Left: Using the Power of Humour to Overcome Stress in Your Life and Work, Loretta LaRoche, Loretta LaRoche has been called 'the Erma Bombeck of stress reduction'-and in the helpful and hilarious pages of this entertaining book, her enormous talent for finding the funny detail to defuse even the most difficult situation has never been sharper. Relax-You May Only Have a Few Minutes Left is filled with practical exercises, hilarious anecdotes, and specific advice for coming to terms with today's ever-increasing stress levels-it's a remedy for anxiety and a prescription for laughter. In sections such as 'If You Don't Have to Suffer-Don't Practice,' 'My Mother the CEO,' and 'I'm Not Afraid of Heights, Just Widths,' Loretta dismantles our American predilection for taking ourselves too seriously and shows us how to live longer, happier lives using the healing power of the absurd.

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