

**LIFE WITHOUT STRESS (STRESS FREE LIVING BOOK  
2)**

**Allane Murton**

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The Mayo Clinic Guide to Stress-Free Living has ratings and 38

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One basic tool many of us have lost or never developed well, is attention. Expand your stress management toolkit by mastering these four strategies for coping with stress:  
Jun25, Jay rated it really liked it. May 11, Evelyn rated it it was amazing. Highly recommended for those seeking deeper meanings and ways to enrich their lives. I found the book simple to understand. But I'm also good at hiding my stress. How to be happy: A study finds. Not in one or two sittings, but to delve into the tools Sood presents and then he suggests you try them on.