



Stress: The Lazy Person's Guide!: How You Can Use Stress to Your Advantage

Theresa Francis-Cheung

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There are hundreds of books on stress and stress management, so why read *Stress: The Lazy Person's Guide!?* Because it's the only *lazy* guide!

In other words, it promises that you won't have to plough through pages and pages of interesting – but often useless – information. You'll simply get what you need: a quick and easy guide to using your stress to your advantage.

Theresa Francis-Cheung doesn't endorse the 'stress is bad for you and must be avoided at all costs' mantra. Instead, she shows you that you can't – and indeed shouldn't – avoid stress: you just need how to handle it instead.

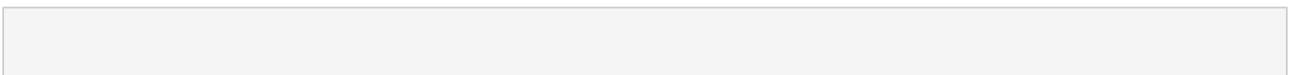
Stress: The Lazy Person's Guide! doesn't promise you a complete oasis of calm and contentment when you've finished reading it, but you will get close to being an expert on keeping your cool when the tension mounts.

The Lazy Person's Guide! is a series of popular, cheerful yet thoroughly grounded, practical and authoritative books on various health issues and conditions. Other titles in the series include *Beating Overeating*, *Detox*, *Exercise*, *Improving Your Memory*, *Midlife*, *Quitting Smoking* and *Self-esteem*.

Other books by Theresa Francis-Cheung include *Self-esteem: The Lazy Person's Guide!* and *Worry: The Root of All Evil*.

***Stress: The Lazy Person's Guide!:* Table of Contents**

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From reader reviews:

Scott Croft:

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Royce Britton:

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James Rodriguez:

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