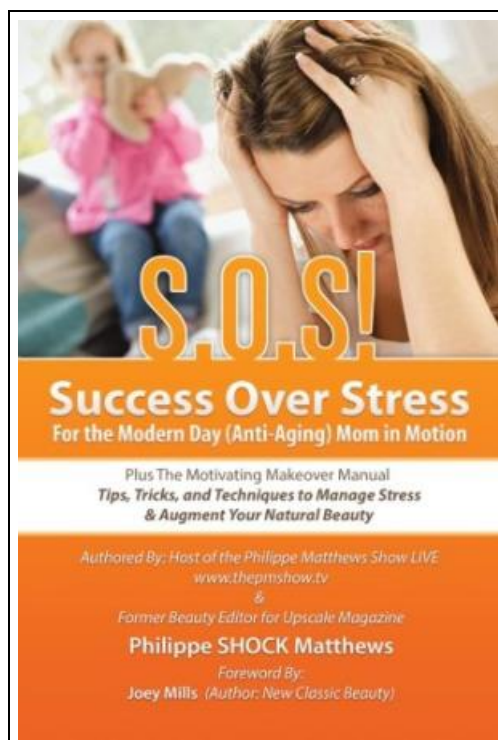


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Reviews

The book is fantastic and great. It generally does not expense excessive. Its been designed in an exceptionally easy way and it is simply right after i finished reading through this book by which really changed me, change the way i think.
(Adolfo Lindgren)

S.O.S! SUCCESS OVER STRESS FOR THE MODERN DAY (ANTI-AGING) MOM IN MOTION!: PLUS THE MOTIVATING MAKEOVER MANUAL (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When was the last time you took selfish time for you to relax, refresh and rejuvenate? This book is exclusively written for Black Women who are Super Women that need to learn how to relax and release the pressure of being high functioning in the world. Featuring exclusive interviews with former Essence Magazine Editor, Susan L. Taylor, Terrie Williams, Superstar, Gladys Knight, Sex Therapists, Dr. Gwendolyn Goldsby Grant and more! Ladies, do not let stress ruin your life. Admittedly, it is a part of life, but it shouldn't dominate your existence. No matter how stressful life can be, there are always ways to reduce stress and all of these are shared in Success Over Stress. What makes this book different from all the other stress management books for women out there is the approach. The book focuses on calming the inner and beautifying the outer. Having both the inner and outer aspects of your life in perfect harmony makes you deal with life's challenges a whole lot better, and this book will teach you just how. There are chapters dedicated to simply allowing yourself to relax. However, it does more than just teach you to do certain activities to relieve stress and tension. It gives you an education on empowering your self-image that result in you feeling more confident about yourself. This book will teach you how to deflect stress and prepare your mind for a challenging day ahead. It begins with what you should do at the start of each day then goes on to what you should do at the end of every day. This is so you start the day and end it on a positive note. These...



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