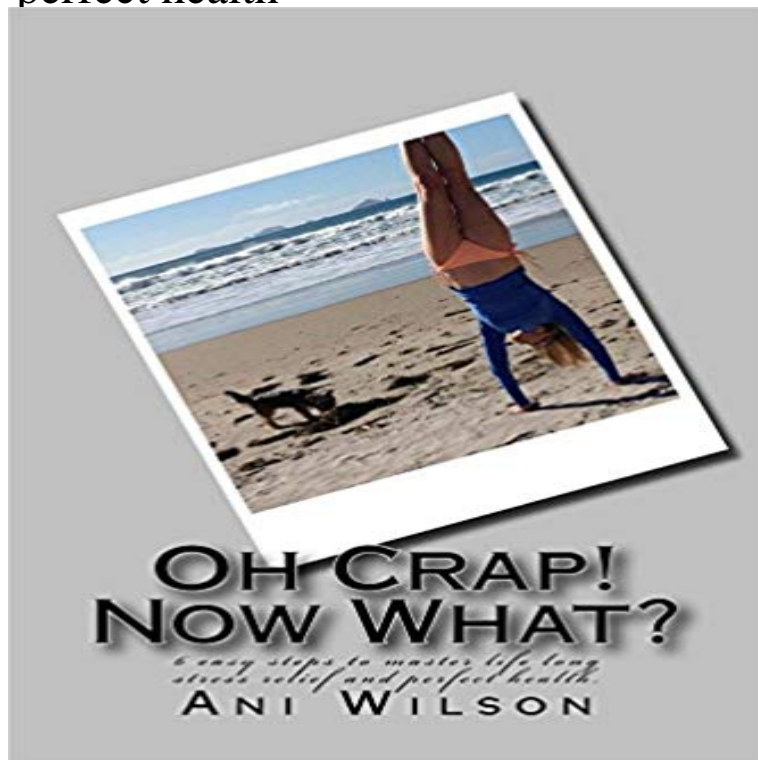


Oh Crap! Now What?: 6 easy steps to master life long stress relief and perfect health



Have you ever noticed that stress is now a common term in our daily language? The question Hi, how are you? often leads to our routine answer these days of Stressed!. Were habitually running on overload and it takes us weeks to re-learn the art of relaxing when we go on holiday. Invariably youll come home with that holiday flu the moment you slow down. Were a nation going crazy, and were learning to accept it as the status quo. Well personally, I think thats Crap! As far as I see it, your boss is not going to care if you burn out before the job gets done; your kids arent going to love you any more for cleaning their bedrooms, and the endless to-do list wont count a damn if youre diagnosed with some terminal disease. It really is time for you to take control back, and this book will make that journey so much easier for you. Ive been on that journey. This is my often painful, mostly hilarious account of why I suck at being stressed! What youll learn: Simple and effective techniques to de-stress instantly Easy tools to build resiliency to stress The art of inner healing And that your body is an amazing vehicle to true happiness. Much Love xx

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