



All Stressed Up and Nowhere to Go: A Guide to Dealing with Stress & Creating a Purposeful Life (Guide to Dealing with Stress and Creating a Purposeful Life)

Bill Crawford Ph.D

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Looking for a way out from under the stress that's all around us? This book is your guide for the journey. Not your typical stress-management book. All Stressed Up and Nowhere to Go based upon Dr. Bill Crawford's PBS special, gives you a practical, down-to-earth guide to dealing with all those situations and people that seem to drive you crazy. Along the way, you'll learn to become personally ore influential so that stress stops becoming a problem, and instead becomes a valuable element of your life. Crawford offers all this in a humorous, informal, easy-to-read format designed to help you regain control and become more effective, powerful and happier in all aspects of your life.

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