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Oasis en la Adversidad: Estrategias de 60 Segundos Para Alcanzar el Equilibrio en un Mundo Agitado

By Millie Grenough, Caroline Jane Cooke

Beaver Hill Press. Paperback / softback. Book Condition: new. BRAND NEW, Oasis en la Adversidad: Estrategias de 60 Segundos Para Alcanzar el Equilibrio en un Mundo Agitado, Millie Grenough, Caroline Jane Cooke, Stressed? You're not alone. Doctors say that stress is at an all-time high in our 24/7 days. Did you know that stress 1) contributes to 80% of major illnesses, 2) is a factor in 75% to 90% of visits to doctors' office, and 3) costs businesses as much as \$300 billion a year? Looking for calm in the chaos? Find it in OASIS. Executive/Life Coach & Clinical Instructor in Social Work of Psychiatry at the Yale University School of Medicine, Millie Grenough uses the latest brain research to teach four easily-learned 60-second strategies that can diminish the harmful effects of stress, increase a sense of personal control, engage and enhance a person's physical, emotional, spiritual and intellectual health, and are enjoyable and easy to do. Millie will guides you through: [Step-by-step instruction in the key OASIS Strategies [How to use the strategies in different situations [Scientific background: re-wire your brain towards health and happiness [Tips: achieve calm in chaos - every minute - at home and at work....



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