

# STRESS SOOTHERS



**ABOLISH STRESS FROM YOUR SYSTEM  
AND THINK WITH A CLEAR MIND**

# **Terms and conditions**

## **LEGAL NOTICE**

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.



# Table of Contents

Foreword

Chapter 1:

What is Stress?

Chapter 2:

The Different Types of Stress

Chapter 3:

Factors that Lead to Stress

Chapter 4:

The Effects of Stress

Chapter 5:

How to Abolish Stress

Chapter 6:

How to Avoid Stress

Wrapping Up