



# Mastering Negative Stress: Putting Stress in its Place

*Mr David Algeo*

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## **Mastering Negative Stress: Putting Stress in its Place** Mr David Algeo

Sick of letting stress get the better of you? Tired of being unable to switch off or find time for yourself? Then you need 'Mastering Negative Stress - aka Stress CPR. A tip packed visual feast to help you put stress in its place and get on with life. Stress Management, Dealing with negative stress and enhancing your well-being need not be stressful! Dave Algeo, Stressed Guru, shows you how in his own down-to earth, humorous and practical style.

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