



Relax: You May Only Have A Few Minutes Left: Using the Power of Humour to Overcome Stress in Your Life and Work

By Loretta LaRoche

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Relax: You May Only Have A Few Minutes Left: Using the Power of Humour to Overcome Stress in Your Life and Work, Loretta LaRoche, Loretta LaRoche has been called 'the Erma Bombeck of stress reduction'-and in the helpful and hilarious pages of this entertaining book, her enormous talent for finding the funny detail to defuse even the most difficult situation has never been sharper. Relax-You May Only Have a Few Minutes Left is filled with practical exercises, hilarious anecdotes, and specific advice for coming to terms with today's ever-increasing stress levels-it's a remedy for anxiety and a prescription for laughter. In sections such as 'If You Don't Have to Suffer-Don't Practice,' 'My Mother the CEO,' and 'I'm Not Afraid of Heights, Just Widths,' Loretta dismantles our American predilection for taking ourselves too seriously and shows us how to live longer, happier lives using the healing power of the absurd.



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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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