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Este libro contiene pasos y estrategias probados sobre cómo liberarte exitosamente del estrés, dejar de comer por emociones y llevar una vida mejor.

Este libro también contiene útil información en cuanto a los síntomas y causas del estrés, así como las maneras en que afecta tu vida. También discutirá cómo el estrés impacta en tu mente y cuerpo. Además, provee consejos sobre cómo puedes evitar estar estresado y cómo cambiar tu enfoque hacia los detonantes de estrés.

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