

Don't just ease your stress.
Get rid of it!

400 Ways to Stop Stress Now...and Forever! actually eliminates the causes of stress, reversing the stressful habits and mindsets you've developed over the course of your life. You'll find specific, targeted solutions for the stress of work, homemaking, finances, relationships, parenting, activities, travel, shopping, entertaining, school, and many other situations.

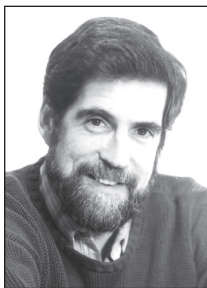
“The most effective stress management techniques are the ones that prevent stress from occurring, and this book is filled with creative, insightful and practical ways to do just that! For stressed and busy people who are short on time, it reads easily and delivers simple solutions for profound and positive changes. A real treasure!”

— Elizabeth Scott, MS
About.com's Stress Management Guide

Businesses and groups will find this book an indispensable component of their stress management programs—reducing job dissatisfaction, absenteeism, mistakes, accidents, and high turnover. Sure to be read and referred to again and again, it's a guide no member of your organization should be without!

“In his insightful jewel, G. Gaynor McTigue delivers informed, specific tools to empower others to regulate stress and to achieve internal harmony. This entertaining reference will be an essential instruction manual in self-management.”

— David Krueger, MD
Executive and Mentor Coach www.mentorpath.com



G. Gaynor McTigue, noted author and stress coach, conducts life-altering stress workshops for groups and companies. He has also written numerous articles for top newspapers and national magazines, helping millions of people improve the quality and enjoyment of their lives. He is a member of the American Society of Journalists and Authors (ASJA).

Cover design by Mitch Achiron

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Self Help/Psychology



McTigue
400 Ways to Stop *Stress* Now...and Forever!

Pick Me **Up** Books™

400 Ways to Stop *Stress* Now... and Forever!

A Solution for Virtually Every
Stressful Situation You Face

WITH
FAST-FIND
STRESS RELIEF
GUIDE

G. Gaynor McTigue
Author of *Life's Little Frustration Book*