

THRIVE ON STRESS

**How To Make It Work
To Your Advantage**

ROBERT SHARPE

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How to make it work
to your advantage

by

Dr ROBERT SHARPE

Rupa. Co

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Stress can shatter your health and shorten your life. But, claims the author of this astonishing new book, it can also be a powerful creative force to transform your life for the better.

The majority of people never learn how to harness the powerful creative force of stress. Helpless to combat rising stress levels they get badly, sometimes fatally, hurt.

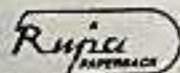
Controlled stress, however, will allow you to enjoy a healthier, happier and more successful life. The psychological procedures needed to exercise this creative control are taught in this book.

You will be shown how to analyse the stresses in your own lifestyle. You will learn how to determine the stress level at which you work most healthily and effectively.

You will learn simple, scientifically based procedures to enable you to control the level of stress in your life and use it creatively.

Start today to discover how you can thrive on stress — how it can make you — before it breaks you.

Robert Sharpe is the director of the Institute of Behaviour Therapy, a body providing training programmes to many thousands of clinical practitioners. He has authored several books, scientific papers and articles on a wide variety of psychological topics.



R-509

Rs 95

Self-help

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