

More Life – Less Stress!

A practical guide to increasing
well-being & staying sane
in a mad world!



More Life - Less Stress

Are you looking for greater motivation, energy and well-being?

Do you recognise that you are suffering from stress yet don't know what to do about it?

Stress is normal and we all experience it yet just because we all have it doesn't mean we should drown in it! Living well – with balance and optimum well-being – is within your reach, no matter how hard you work, or at that level. Yet to achieve the 'living well' status you first need to understand what stress is and then to learn how to handle it so that it supports you, rather than working against you. Modern day living and the myriad demands encourage us to push ourselves hard. Sometimes we can feel tired all the time, de-motivated or just plain fed up and sad! Let this book help you move on from stress. Living a good life both for yourself and your family is not about what you 'should' do or 'ought' to do, this book is about what you 'can' and 'want' to do, FOR YOU.

If you want to thrive in your life and not struggle with it then this book tells you how, with proven strategies and insights from an international expert.

Sue Firth BSc, MSc is a Business Psychologist, Stress Expert, Behaviour Analyst and Author, and is a specialist in helping people manage stress. She is an international speaker and presenter and holds both a Bachelor of Science and a Masters degree. She is a member of the British Psychological Society, The International Stress Management Association (ISMA), and the Academy for Chief Executives. She is founder of YourWhealth (www.yourwhealth.com) and has Consulting Rooms in Harley Street (Central London). She is a regular media contributor and has appeared on ITV This Morning and BBC Panorama.

