

Desserts is stressed Turned Around - description

In "Desserts is stressed Turned Around" I give you some stress management techniques for handling the everyday little things that happen. I show you some of the strategies I learned to keep my life peaceful so I can go on living.

When you literally turn stressed around, it spells desserts. This article will give you some ways to turn stress around and enjoy the desserts of life. It gives you 20 stress management techniques to choose from to make your life more enjoyable. It is 10 pages of humorous and pleasurable reading.

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