



## Simplify and Destress

By MR Nishant K Baxi

Createspace, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you ever feel down, stressed, or anxious? Millions of Americans struggle with stress, anxiety, or mood problems. They can wear and tear on your body leaving you feeling tired, drained, and empty inside. Over time, stress and anxiety can build causing you to be less productive, anxious, tense, and even unhappy. A poor mood can make you irritable, impatient, and hurt your relationships. You may find it tough to focus, stay motivated, or accomplish tasks. Your mood and mental well-being affects every part of your life for better or worse. While poor feelings can negatively impact your activities, relationships, and work. A happy balanced mood gives you the tools you need to be successful and enjoy life. Gaining and maintaining a positive mood can be tough. Until recently, there have been few options for those looking to boost their mood. Some people suggest exercise, breathing routines, or careful diets.



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