

# [PDF] Stress-Proof Your Life (52 Brilliant Ideas): Smart Ways To Relax And Re-energize

**Elisabeth Wilson - pdf download free book**

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**Description:**

**About the Author** Elisabeth Wilson has written widely for the national press including the Daily Mirror and the Daily Mail, and was health and wellbeing editor at She magazine for 10 years. Elisabeth is the author of Boundless energy, Re-energise your sex life and Stress proof your life, all available in the 52 Brilliant Ideas series, and she compiled and edited the bestselling Goddess: Be the woman you want to be and Slow Down: Enjoy life and live longer. Elisabeth is a practising psychotherapist. She lives in London with her partner Jim and their two children. --This text refers to an alternate edition.

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