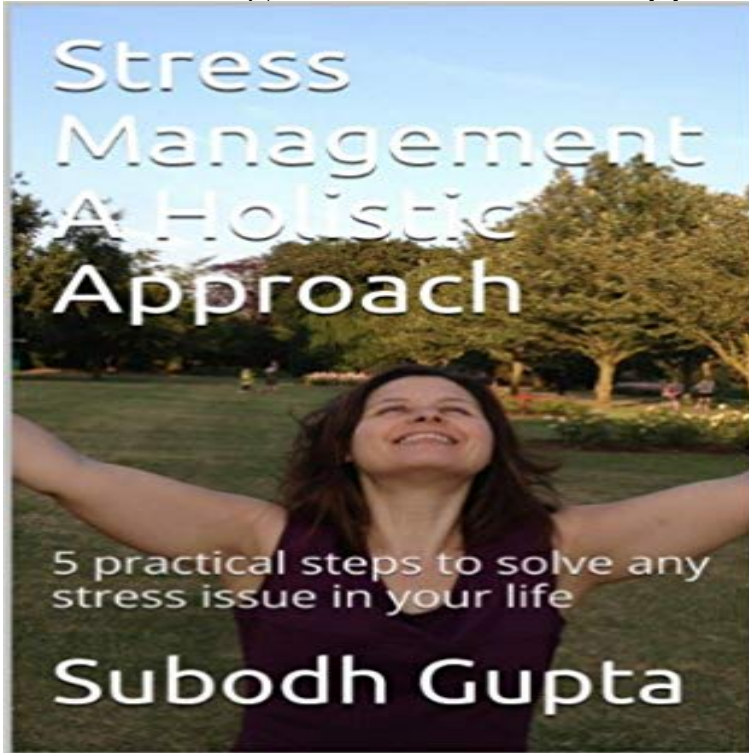


Stress Management A Holistic Approach



Control and manage stress, overcome depression with 5 steps plan. If there is a problem then there has to be a solution and this book is all about solution. This is a concise book based on practical life experiences.. The purpose of this book is that once you have finished reading it you are ready to come out of your stressful situation no matter where you are in your life. This book is divided in 3 sections. The section 1 is all about understanding of stress from various perspectives, section 2 is about training the mind and section 3 is about acting upon the five practical steps for managing stress. Author: Subodh Gupta has been interviewed by various TV Channels and his views and articles appear regularly in magazines and newspapers in India and the UK. He has organized more than 500 workshops on wellness for various companies such as Oracle, The Times of India group, International Data Corporation, Sapient, etc. in Delhi and London.

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