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By Gail Ratcliffe

Exisle Publishing (New Zealand). Paperback. Book Condition: new. BRAND NEW, Take Control of Your Life: The Five-step Plan to Health and Happiness, Gail Ratcliffe, Take Control of Your Life is for all those who find that stress impacts in one way or another on their lives. Dr Gail Ratcliffe, one of New Zealand's foremost psychologists, maintains that recognising the many guises of stress is the first step to securing personal happiness. Using extensive modern international research and experience from her New Zealand practice, Dr Ratcliffe provides an understanding of how different types of stress have serious consequences and can affect peace of mind, alter behaviour and damage physical well-being. Take Control of Your Life is designed for quick reading and easy reference. In her no-nonsense practical style, Dr Ratcliffe offers a 'five-step plan' that will provide you with the tools to design the life you want to live and deal with the things that cause you stress. The medical, psychological, and physiological facts are presented simply and directly, together with useful New Zealand case studies. Take Control of Your Life is rather like having the nation's top psychologist by your side whenever you need her. Gail Ratcliffe is in private...

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