



Chicken Soup for the Soul: Say Goodbye to Stress: Manage Your Problems, Big and Small, Every Day

Dr. Jeff Brown

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Full of inspiring stories and valuable medical information, *Chicken Soup for the Soul: Say Goodbye to Stress!* will help readers manage their stress, no matter where their stress comes from.

Everyone feels stressed out at some point in their lives. Many have trouble getting their stress under control and want help. This new book will encourage stressed out readers with its stories from people like them about how they resolved or rethought the stress in their lives, learned to let go of anxiety and worry, and improved their lives by handling stress. Plus relevant medical advice from renowned clinical physiologist and Harvard Medical School faculty member Dr. Jeffrey Brown.

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