



# **Stress Management: Stress Relief Positive Affirmations to Feel Worry Free, Reduce Stress and Relieve Anxiety**

*Lexie Hay*

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## **Stress Management: Stress Relief Positive Affirmations to Feel Worry Free, Reduce Stress and Relieve Anxiety** Lexie Hay

Stress has a way of robbing you of your happiness and aging you in the process. While the consequences of stress are undesirable, shaking off anxiety is a challenge that too often goes undefeated for many. If that's you - you are not alone in your journey to reduce stress while leading a full life. This audiobook is intended to relieve you of anxiety through a mixture of soothing music and affirmations. You are encouraged to repeat each affirmation as you hear them, or just listen and internalize each positive statement.

This audiobook will help you:

- Reduce stress and relieve anxiety
- Regain your peace of mind
- Increase your happiness
- Train your brain to think positive

This audiobook also includes:

- Positive affirmations
- Calming Zen music
- Soothing nature sounds

If you are looking for a way to reduce your stress levels and increase your happiness, this affirmations audiobook is here to help you do just that. These stress management affirmations can be listened to all at once or in portions. Operating heavy machinery is not recommended while listening, as this audiobook will put you in a relaxed state of mind.

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