



A Professional Woman s Guide to Handling Stress: A Step-By-Step Guide to Becoming More Productive (Paperback)

By Phd Hema Murty

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Navigate the chaotic intersection of work, family, and the pursuit of inner happiness with the help of A Professional Woman s Guide to Handling Stress. Written by aerospace engineer, fitness trainer, and East Indian philosophy expert Hema Murty, PhD, this instructive guidebook recognizes the unique challenges that modern women face as they attempt to juggle both family and professional obligations. This struggle often drains the energy one needs to properly nurture the body-mind-spirit connection-a connection that is essential to a person s complete health and wellness. Now you can learn strategies for reducing stress while keeping yourself fit and healthy in every aspect of your life. The concept of fitness usually refers to physical health, but many developments in the past few years have demonstrated the importance of keeping fit in all areas-including emotionally, mentally, and spiritually. Murty recognizes this and teaches you how to approach daily activities from an entirely different point of view. Using East Indian philosophy, she presents a new attitude that will encourage the development of a better you-ready to tackle all of life s challenges...

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