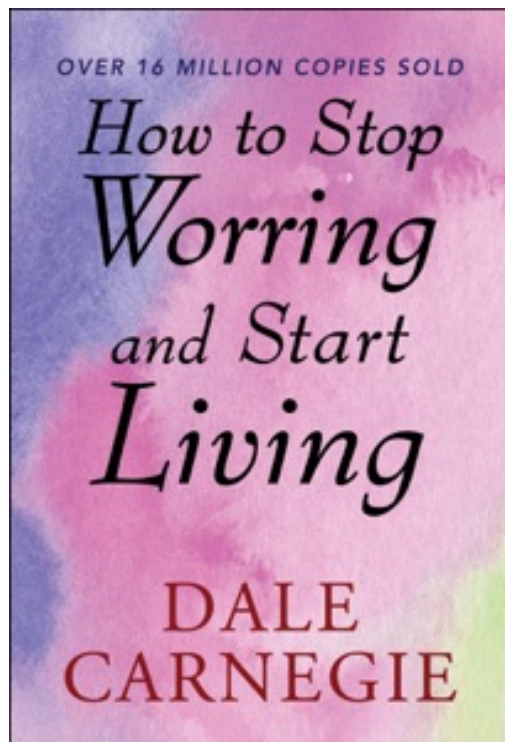


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This book will explore the nature of stress and how it infiltrates every level of your life, including the physical, emotional, cognitive, relational and even spiritual. Through techniques that get to the heart of your unique stress response, and an exploration of how stress can affect your relationships, you'll discover how to control stress instead of letting it control you. This book shows you how.

ABOUT THE AUTHOR:

Dale Carnegie (1888-1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking and interpersonal skills.

He was born in an impoverished family in Maryville, Missouri. Carnegie harboured a strong love and passion for public speaking from a very early age and was very proactive in debate in high school. During the early 1930's, he was renowned and very famous for his books and a radio program. 'When How to Win Friends and Influence People' was published in 1930, it became an instant success and subsequently became one of the biggest bestsellers of all time.

Carnegie loved teaching others to climb the pillars of success. His valuable and tested advice was used in many domains and has been the inspiration of many famous people's success. One of the core ideas in his books is that it is possible to change other people's behavior by changing one's reaction to them.

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