



Stopping Stress before It Stops You: A Game Plan for Every Mom

By Dr. Kevin Leman



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Dr. Kevin Leman has seen scores of women who are overcome by stress. With humor, insight, and practical solutions, this bestselling author helps women manage the stress points in their lives: kids, career, husband, housework, money, and crammed schedules. Women will find out how to begin enjoying a more serene lifestyle by making stress work for them.



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Stopping Stress before It Stops You: A Game Plan for Every Mom By Dr. Kevin Leman Bibliography

- Sales Rank: #444035 in Books
- Brand: Baker Pub Group/Baker Books
- Published on: 2011-04-01
- Released on: 2011-04-01
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .52" w x 5.50" l, .55 pounds
- Binding: Paperback
- 208 pages

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Editorial Review

From the Back Cover

You Can Reduce Stress and Enjoy Your Life

Homemaker, career woman, wife, supermom--sometimes the roles you have to fill all at once can get to be too much.

Internationally known psychologist Dr. Kevin Leman has seen scores of women who are overcome by stress. With humor, insight, and practical solutions, this bestselling author helps you manage the six stress points in your life: kids, career, husband, housework, money, and crammed schedules. You'll learn:

- how to check your stress quotient
- the simple secret to reducing stress
- the wonders of using reality discipline with your kids
- ways to beat the superwoman syndrome
- how to cope with two careers--at work and at home

Read this practical book and find out how to begin enjoying a more serene lifestyle by making stress work for you.

Dr. Kevin Leman is an internationally known psychologist, humorist, and bestselling author of *The Birth Order Book* and *Have a New Kid by Friday*. He is former consulting psychologist for *Good Morning America* and a frequent guest on *The View*, *The Early Show*, and *Focus on the Family*. He and his wife, Sande, live in Arizona. They have five children and four grandchildren.

About the Author

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Users Review

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Victor Banister:

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