



The Big Book of Stress Relief Games: Quick, Fun Activities for Feeling Better (Big Book Series)

Robert Epstein

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These quick games, exercises, and activities are designed to reduce stress wherever and whenever it strikes, in meetings, in front of the computer, or when dealing with difficult people. *Psychology Today* Editor-In-Chief Robert Epstein has created fifty 1-3 minute games based on STRESS-PROOFING, an original system derived from scientific research that makes stress reduction effortless and effective.

For everyone from deskbound office workers to managers in meetings, this is the latest addition to one of McGraw-Hill's best-selling book series:

- Helps alleviate high-pressure situations at home and at work.
- Includes comprehensive life-planning and life-organization activities.
- Requires less than 3 minutes to play most of the creative, relaxing games.

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