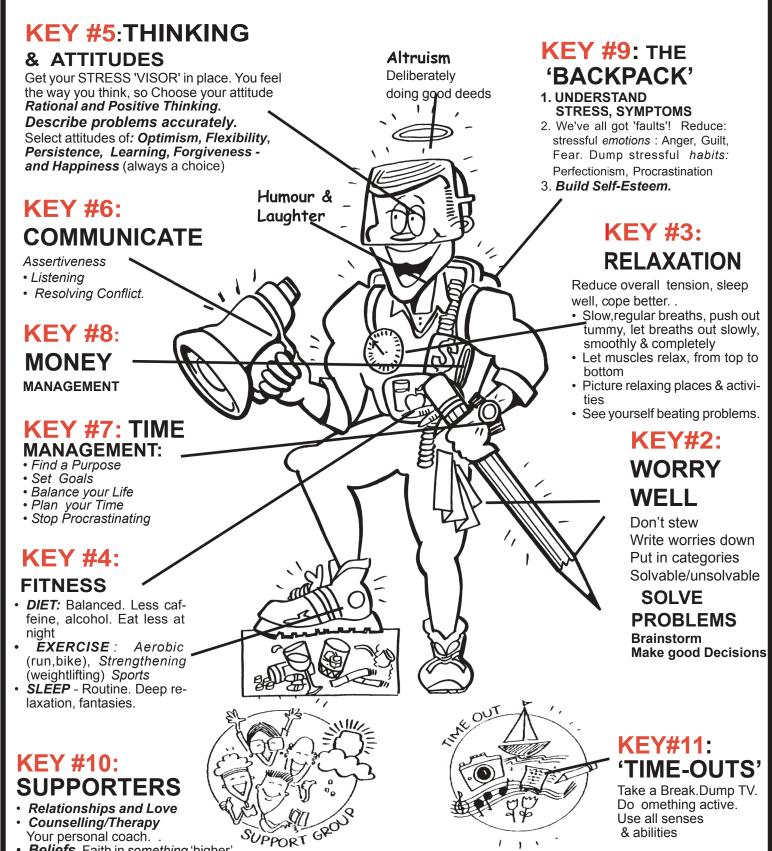
THE STRESS WINNER - The 12 KEYS

KEY #1: RESPONSIBILTY - take it



Know the stages, understand why you don't do it!

KEY #12: CHANGE

Your personal coach. .

Beliefs. Faith in something 'higher'