

**I've Had it up to Here – from stress to strength** 2<sup>nd</sup> Edition

Back cover:

What's your reading on the stress-o-meter?

- I've had it up to here!
- I need help to manage stress when it arises
- I want to do more than just manage - I'd like to be happier and healthier and better able to deal with life's ups and and downs.

Inside you will find information and practical tools to help you move from stress to strength. This updated second edition draws on the real experiences of people who have attended stress and resilience workshops, as well as the latest research from the field of positive psychology.

You will learn how to:

- Take charge of your thinking to banish negative thought patterns
- Create stronger social networks
- Crack the work-life balance equation
- Stay motivated
- Notice when your children are getting stressed and what to do about it
- Put ideas into action and stick with the new you.