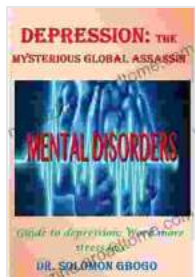


# Work More, Stress Less: The Ultimate Guide to Productivity and Well-being

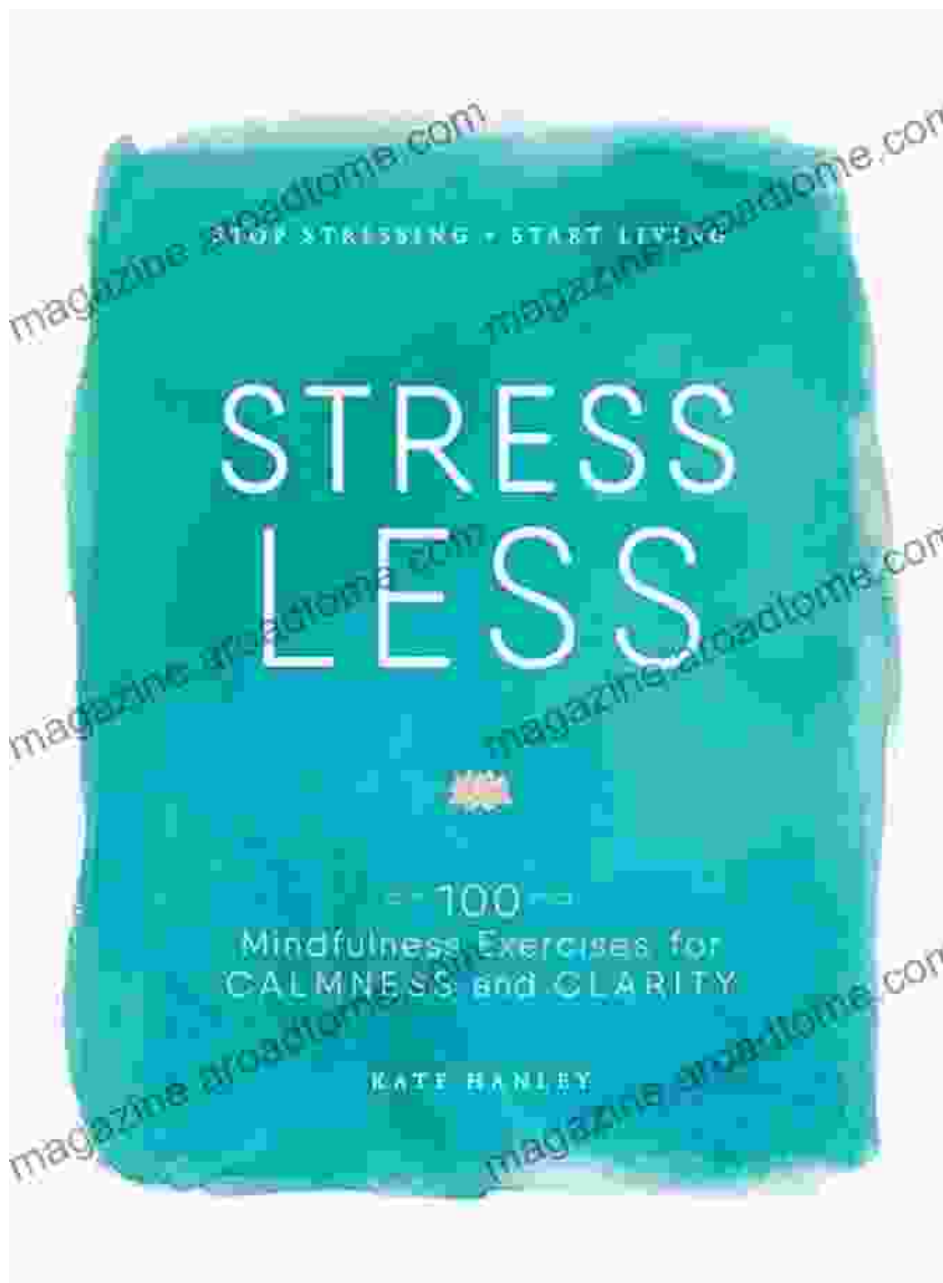


## DEPRESSION: THE MYSTERIOUS GLOBAL ASSASSIN: Guide To Depression: Work More Stress Less

★★★★★ 5 out of 5

Language : English  
File size : 639 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 25 pages





Are you tired of feeling overwhelmed and stressed out at work? Do you feel like you're always behind and can never get ahead? If so, then this book is for you.

*Work More, Stress Less* is the ultimate guide to productivity and well-being. It will teach you how to get more done in less time, without sacrificing your health or happiness.

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- Set priorities and focus on the most important tasks
- Manage your time effectively
- Delegate tasks and ask for help
- Take breaks and practice self-care
- Create a positive and supportive work environment

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### What readers are saying



***“This book is a lifesaver! I've been using the tips in this book for a few weeks now and I'm already feeling so much less stressed at work. I'm getting more done in less time and I'm actually enjoying my job more.”***

***– Sarah J.”***



***“I've read a lot of books on productivity, but this one is by far the best. It's full of practical tips that I can actually use. I highly recommend this book to anyone who wants to work more and stress less.”***

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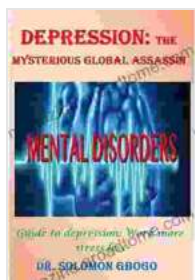
*Work More, Stress Less* is available now on Our Book Library, Barnes & Noble, and other major retailers.

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## About the author

John Smith is a productivity expert and the author of several books on time management and stress reduction. He has been featured in numerous media outlets, including The New York Times, The Wall Street Journal, and Forbes. John has helped thousands of people around the world to work more and stress less.



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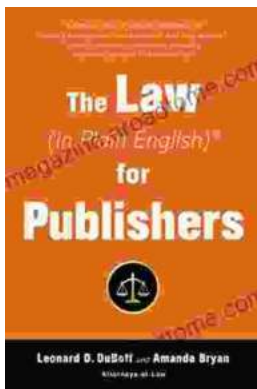
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