

The Fun Factor

Your Prescription for Stress Relief
at Work and at Home



Cheryl Nason, M.Ed.

FOREWORD BY

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The Fun Factor Your Prescription For Strep Relief At Work And At Home

Cheryl Nason



The Fun Factor Your Prescription For Stress Relief At Work And At Home:

The Fun Factor Cheryl Nason, 2005 Can Humor Make Work Fun Again Cheryl Nason as a professional speaker and master communicator tackles the evolving problem of STRESS This work book offers enough examples and brain stimulators for even the toughest person to find their funny bone This book not only covers the history of humor and the medical benefits of laughing but most of all will show you easy ways to use humor to reduce your level of stress This book teaches by example The book is full of creative ideas to add humor to your everyday life including 10 interactive exercises to get your creative brain flowing Reducing the Stress in Your Life That's Nothing to Laugh About

Fuel your quest for knowledge with is thought-provoking masterpiece, Dive into the World of **The Fun Factor Your Prescription For Streb Relief At Work And At Home** . This educational ebook, conveniently sized in PDF (PDF Size: *), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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