

olution: How to Reduce Anxiety, Achieve Resilience,

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Synopsis

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Finally! Science-based practical tools to master stress and be your best. Named one of America's best professors by Princeton Review, Jennifer Wegmann teaches you ways not only to cope with stressors, but also to nip unwanted stress in the bud. You will learn to take these steps to gain peace of mind:

- Better understand the sources of your anxieties.
- Explore groundbreaking research into the role of stress on your health.
- Learn scientifically based strategies for positive stress transformation.

A masterful wellness coach, Prof. Wegmann helps you develop a new, informed mind-set about stress. With her distinct approach to health, you will reap resilience by developing skills and strategies to channel your worries into wellness. This is the kernel of Prof. Wegmann's research: not to stop stress, but to master it. With a caring disposition and a chipper delivery, she leaves off by encouraging you to take a regular dose of "healthy selfishness" to ward off unwanted stress. Embark on your "gratitude journey" today. As you do, you'll lead a healthier and more productive life.

This course is part of the Learn25 collection and includes a free PDF study guide.

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