

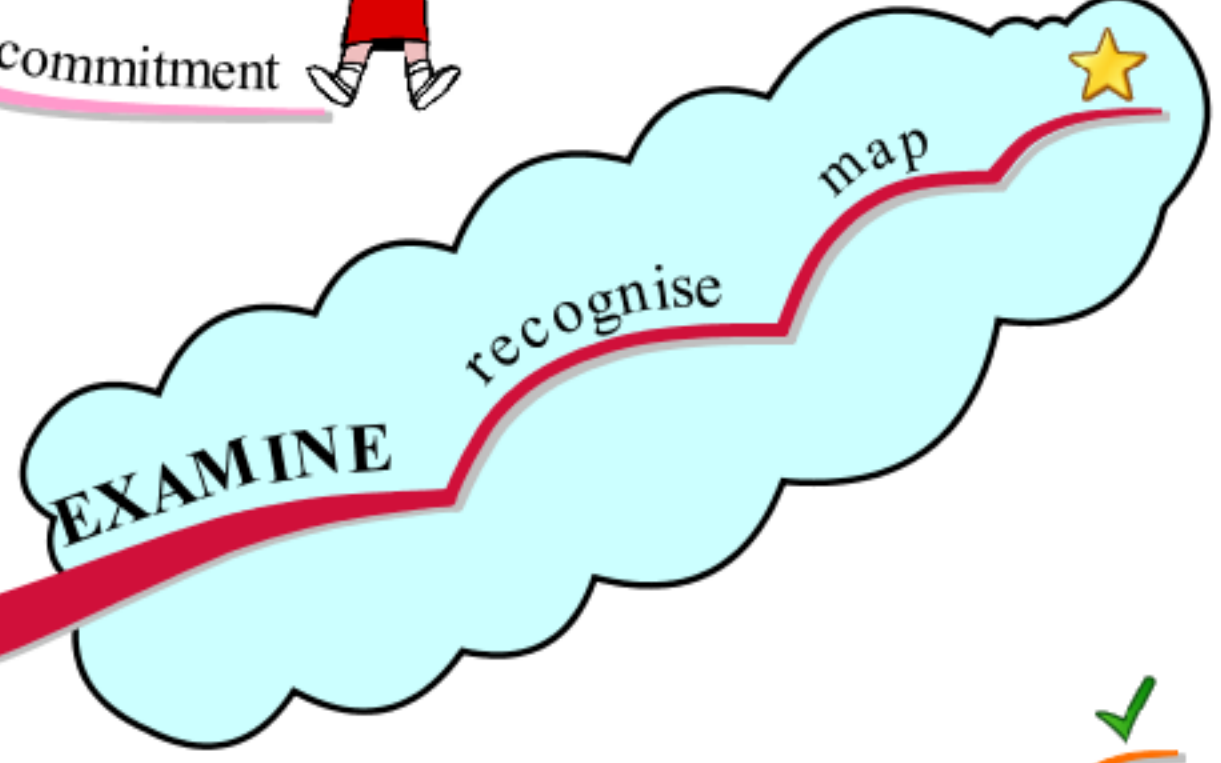
<http://www.buildyourconfidence-changeyourlife.com/cmd.php?af=1075038>

Stress Management Society
...from distress to de-stress

Build Your Confidence
Change Your Life

Build Your Confidence

power
work
commitment



dreams
achievable
where
what
achievements

GOALS

image
stress
serotonin



exercise

realistic
diet

HEALTH

EXPLORE
emotions
healthy
obstructive

LANGUAGE

body
eye
expressions
posture

