



# Building Blocks For Controlling Stress: Learning to Make Stress a Friend, Not an Enemy

*Richard L. Flint*

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**Building Blocks For Controlling Stress: Learning to Make Stress a Friend, Not an Enemy** Richard L. Flint

Building Blocks For Controlling Stress is the third book in Richard's five set series of Personal Development books dealing with critical challenges in people's lives. Stress is more than a word or a concept. It is a fact that, if not understood, can kill you! In this book, Richard explores the lives of 20 people he has worked with to bring their stress under control. These are no strangers to you because their life could very well be your life. As Richard says, "Stress can take control of your life and when it does, it can also take your life."

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