



The advertisement features a central graphic with the word "STRESS" in large, red, 3D block letters, appearing to be cracked and broken apart by jagged, black, root-like lines. To the left of this graphic is a vertical sidebar with a blue header and several white buttons labeled: "Order", "About the Author", "Testimonials", "What You Get", "Moneyback Guarantee", and "Contact". Below the sidebar is a red "AS SEEN ON TV" logo with the text "Also featured in:" underneath it. To the right of the "STRESS" graphic, there is a block of text citing research from the American Medical Association, followed by a Q&A section in red and blue text. Further right is a "Pick Me Up Books" logo and two testimonials in italics, each preceded by a quote icon and followed by a signature and location. The entire advertisement is set against a white background with a dark blue header bar at the top.

STRESS

Research by the American Medical Association has found that stress is a major factor in 75% of all illnesses, including heart disease, cancer, diabetes stroke, emotional disorders, and premature aging. This alarming finding underscores the urgent need to deal with this debilitating problem. And it begs the question:

Q. If all the stress remedies out there are so effective, why is everybody still stressed out?

A. Because they only relieve your stress temporarily!

Stop wasting your time and money treating just the symptoms of stress. Download the breakthrough program that eliminates the

Pick Me Up Books™

Read these unvarnished reactions from among our 1000s of users:

"Stress tips? Fantastic! More like practical wisdom for living. They have helped to streamline life, refocus on priorities, endorse my humanity, appreciate diversity, accept my limitations, welcome beauty, question status quo, challenge norms, and regain composure when the frenzy of busy-ness escalates!"
—Marisa
London, UK

"I work full-time and do a lot of volunteer work afterwards. The stress tips help keep me level in my very busy life! Thanks for supplying these great strategies for living!"
—Del Cleeck
Jasper County, IN

"My life is awesome!"

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do stress management techniques actually work

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