



Bark Less Wag More: How To Simplify The Complicated Every Day Life

Suzette Brawner

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What does it take to spend more days happy than frustrated? Bark Less Wag More maps the way. You'll discover: *Why margin is vitally important *When to fight and when to stand down *What you might be dragging around *Why one small idea will change your life Think about it: The 1949 Webster Dictionary defined stress: (noun) action of external forces especially to overstrain on structures. This is the current Webster Dictionary definition of stress: (noun) a state of mental tension and worry caused by problems in your life, work, etc., something that causes strong feelings or anxiety, physical force or pressure The core meaning of stress has moved from an engineering term to a physical condition most of us struggle with on a part time or full time basis. You want a change? You're in charge of making it. Bark Less Wag More will push you to take that first step.

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