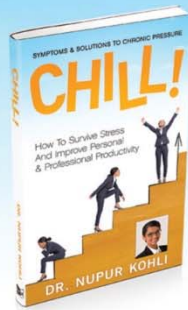


SYMPTOMS & SOLUTIONS TO CHRONIC PRESSURE

CHILL!

How To Survive Stress And Improve Personal & Professional Productivity



DR. NUPUR KOHLI

MEDICAL DOCTOR | SPEAKER |

AUTHOR | CONSULTANT

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CHILL!

“How to survive stress and improve personal and professional productivity. Symptoms and solutions to chronic pressure.”

By Dr. Nupur Kohli

The Book

Have you ever thought why:

- You work so hard and are still not getting the results you want?
- Are there days your energy level during the day drops too soon?
- Do you ever have physical complaints of which you don't really know why you have them?

Have you ever felt like all is just a bit too much for you and don't know how you will handle all?

Then this book might be there at the right time for you.

In “Chill! How to survive stress and improve personal and professional productivity. Symptoms and solutions to chronic pressure.”, Dr. Nupur Kohli

- Guides you how to manage your stress effectively and with this improve your productivity in your personal and professional life.
- Gives you the tools that will make that you can maintain a high energy level, which will improve your overall well-being.
- Will explain you how and which symptoms are related to stress and will provide you with solutions to recognize them and how to deal with them.

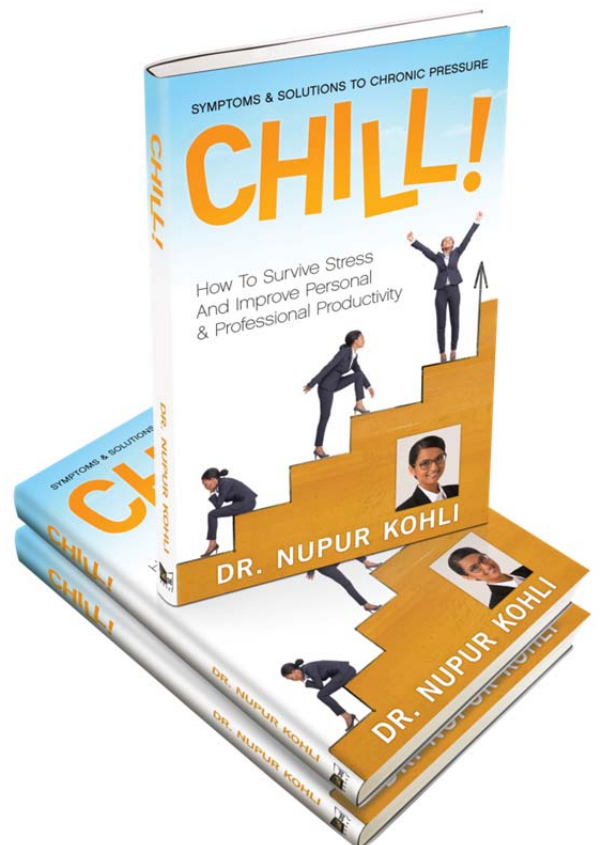
The essential knowledge and tools in this book will help you understand yourself better, deal with stress and chronic pressure and improve your personal and professional productivity, leading to a more fulfilling life.

Learn How...

- To manage stress and deal with chronic pressure.
- To achieve more productivity in your life.
- To apply tools and techniques to have more fulfilment, peace and happiness.

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“Create more fun in your life turning stress into your **STRENGTH** instead of weakness.”

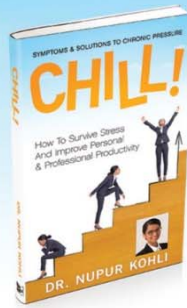
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THE AUTHOR

Dr. Nupur Kohli, a medical doctor from the Academic Medical Center, Amsterdam in the Netherlands, is no stranger to stress and chronic pressure. As an ambitious hard working professional Dr. Nupur Kohli has experienced what stress and chronic pressure mean in career building and how these develop in professional life that often result in a big reduction in personal and professional productivity in important phases in one's life. Specific solutions had to be found. This generated an interest in her to research what this means to different professional backgrounds and what we can do about stress and chronic pressure.

She is a renowned versatile public speaker and a regular speaker at international forums where she has earned a reputation of a prominent woman speaker to inspire, educate, motivate and provide solutions to people's problems and she does that with lot of enthusiasm. In the year 2012 she spoke on the TED platform winning the TEDx Award in Delft, the Netherlands.

Dr. Nupur Kohli appeared on several radio shows in Europe and appeared on national television to discuss issues relevant to the well-being in our societies. Her articles and interviews appeared in several European magazines such as Global Health Magazine and Cosmopolitan magazine. Her interviews also appeared in newspapers in Asia. She is the founder of a youth foundation in Europe and is in the board of several NGOs. Helping people with both medical



and non- medical means is her passion benefitting numerous people worldwide.

Through her research she dedicated several years to find solutions to stress and chronic pressure to improve personal and professional productivity in people from different professional backgrounds. With this insight and solutions the book, **“Chill! How to survive stress and improve personal and professional productivity. Symptoms and solutions to chronic pressure”** is born; A powerful guide to manage your stress effectively and with this improve your productivity in your personal and professional life.

