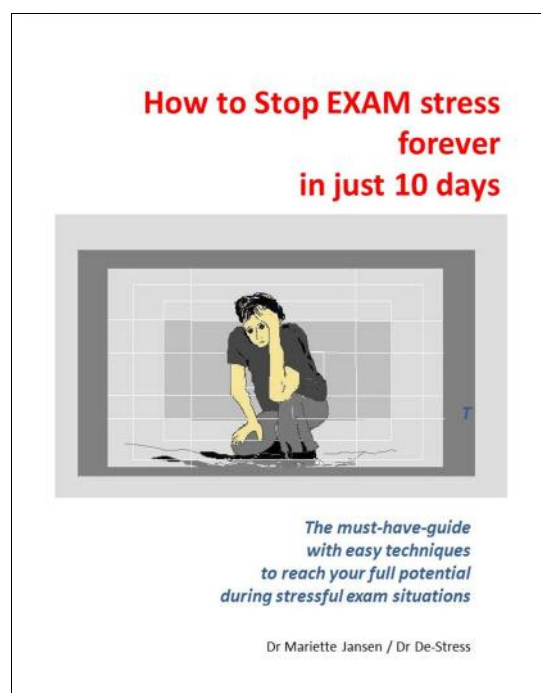


## How to Stop Exam Stress forever in just 10 days

1 guide  
24 exercises  
6 mindfulness downloads  
10 days

My promise to you is that this book is the easiest ever, most effective and fun way to beat exam stress. 'How to Stop Exam Stress' is doing exactly what it says: it will help any student to control their stress levels when they face a tense test situation. Helping them to prepare for it and going through it with more control, and achieve better.



Do you struggle with stress during preparation for an exam, fear the consequences if you underachieve and therefore hate the whole process?

Then this is just the book for you! In an easy, 10 day programme, you can beat exam stress forever, have more joy in studying and get better results!

Even if you are not an anxious student, you will still benefit from the range of skills that are on offer in this practical, fun and concise guide to stress free exams!

As a lifelong student (up to PhD and still going!), a parent, a counsellor, a teacher and a stress coach, I know how strongly stress can impact us. Working with young people has made crystal clear that there is growing amount of very unhealthy stress in teenagers and adolescents, relating to study and exams. In one study more than 70% of the youngsters defined that this area was their main stressor. For the UK this means that you are one of more than a million.....

As I tried to help my students, I found out that there was really nothing suitable available, that would support them in their process of study and exams and therefore, I decided to write something myself. And why not? I have written several courses for colleges and universities, so using this experience seemed only logical.

Please note and be gentle with me; when it comes to the correct use of English I have been working hard to make it as good as I CAN, which will never be perfect, as I lack the naturalness of the mother tongue. It is part of my charm, and part of who I am..... It is also important to keep myself free from stress.....



## Simplicity

Key in the battle against stress is simplicity. If the process to beat stress is complicated, it will only cause more stress and work counterproductively. With that in mind, this programme is stretched out over 10 days. In easy steps you will be guided through a range of exercises that help to recognise what happens when you are facing exam stress, and teaches you how to take charge and not be affected.

Apart from practical exercises there are a few 'days' that will encourage contemplation and reflection, in order to gain more self-awareness. This has an impact on your studies as you are training yourself to become an independent thinker, like Einstein and Margaret Thatcher.

It will not take long to go through an exercise, so if you are worried about the time it takes away from revision, ditch that. You can spare 20 minutes a day..... Anyone can!

The mix of the different exercises will guarantee that there is something for everyone. As we are all unique, we will warm to different solutions and have our preferences. The range that is on offer here will have the one for you, which might be different to the one for your friend.

## What to expect?

This book offers a mixture of tools and techniques to create awareness, learn skills and apply those in appropriate situations in order to feel calm, confident and focussed. If you follow the book you will make major changes in a very short space of time in an easy and quick way. The promise of this system (proven by many who did it) is that you will recognise your triggers for anxiety, be able to stop the negative process and turn it into a positive and helpful attitude.

As a result, the process of preparing for an exam will be more relaxed and enjoyable, the exam itself will be less stressful and the results will be better.

I know that we are all capable of making changes, but it works best if it is done only one step at the time. This book is designed with exactly that in mind. Make a change, every day for 10 days and prepare yourself for the most relaxed exam experience in your life.

You can get rid of that scrunch in your tummy, that headache, the worry or that anxiety, just follow the 10 days to stop your exam stress for the rest of your life!

## What people achieved

This is what people say about the book and how they changed:

'I found some of the exercises very weird, but just did them and started to like them. Especially the one-minute-meditation, I do that all the time now.' Albert, 16

'I sleep better, because I don't worry so much anymore.' Susanna, 15

'I planned better and made better use of my time. I love the frog and I also do my affirmations.' Karen, 19

'My son has changed dramatically. He seems calmer and more confident, and his results were fantastic. I highly recommend this book.' Alison, parent

There is no reason not to start now, so make today the first day of your challenge and feel a different student in 10 days time!

Go well,

*Marieette*



## Chapter titles:

1. Getting Read
2. The weird and wonderful workings of your mind
3. Discover your triggers
4. How to take charge of triggers
5. How to make your mind flow fluidly
6. Define your destiny and choose the one you like
7. Simple and helpful: routines and discipline
8. Chomp, chomp, chomp and swallow
9. Breathing, the ultimate tool
10. Now is the moment



**Change the stress and anxiety into control, happiness and success**



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