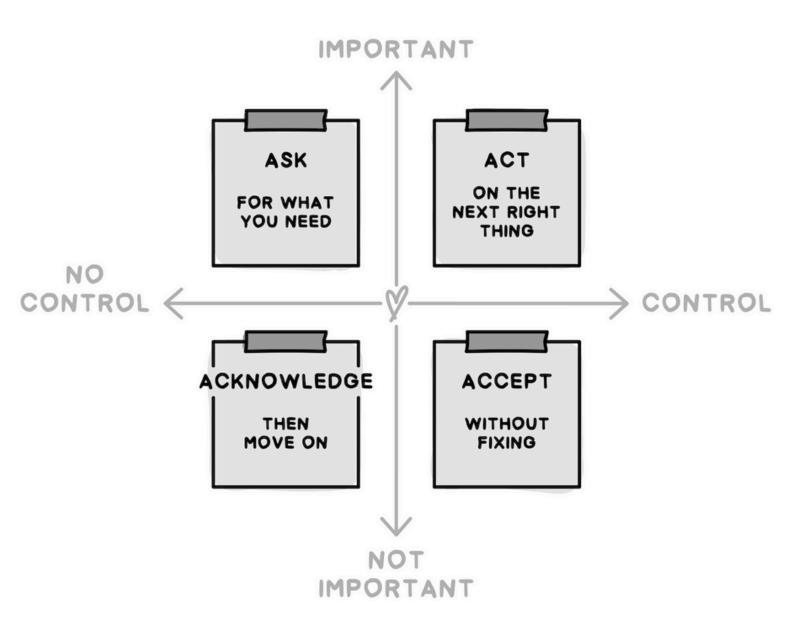
## THE UN-STRESSING METHOD



Amy Leneker

Cheers to Monday: How to Lead & Live with Less Stress & More Joy (Wiley, March, 2026) www.AmyLeneker.com