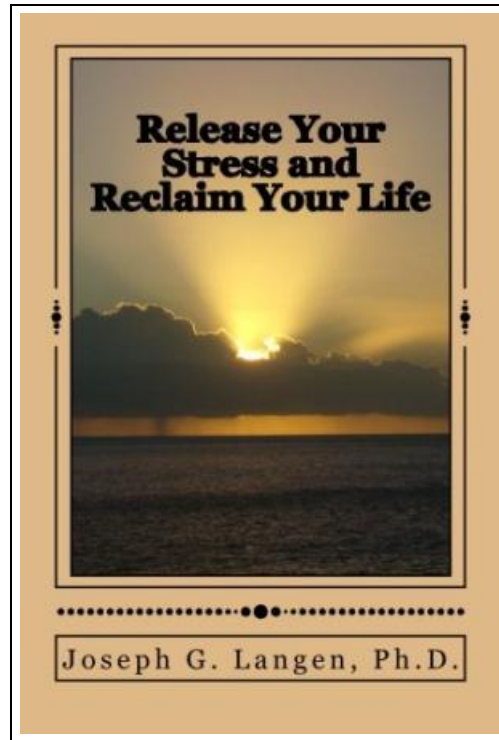


## Release Your Stress and Reclaim Your Life



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## RELEASE YOUR STRESS AND RECLAIM YOUR LIFE



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 180 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. In *Release Your Stress and Reclaim Your Life*, I invite you on a journey of discovery to find a context for your stress, understand it, manage it and put it to good use rather than suffering from it. The journey begins with an exploration of what stress is and how the term originated. Two kinds of stress appear in your life. Our journey visits stress which lies in wait along your life path and stress you invite into your life for various reasons, some good and some bad. You will discover ways in which stress affects your body, your mind, your emotions and your soul. You will also see ways in which stress can benefit you. Then on to three ways of dealing with stress: avoiding it, facing it directly and transforming it into something helpful. The journey ends with possibilities for stress in the future. I have also included life lab lessons along the way, activities to help you deal with stress. Here is what you will find: Why is stress such a big deal for everyone these days In Chapter 1, we will visit the controversy over whether we have more or less stress than our ancestors and whether stress is an epidemic. I will share a little about my personal journey with stress. We will also consider dealing with stress as a way to a more peaceful life. What is stress and how can I recognize it In Chapter 2, I will consider with you the dictionary definition of stress and early research on stress. You will also learn how to recognize that you are under stress even if it doesn't feel that way. Can stress overtake...



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