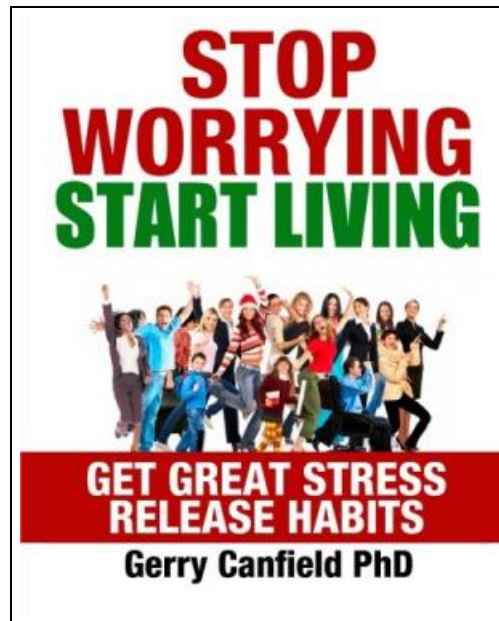


Stop Worrying Start Living (Paperback)



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

(Mr. Johnathon Dach)

STOP WORRYING START LIVING (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you feel that you re stressed? Do you feel that your life is filled with a constant stream of pressures and challenges, issues and problems, tensions and frustrations? Well, you re not alone. Stress has become one of the most dominant background features of many peoples lives and the costs to our health and wellbeing are simply staggering. Millions of prescriptions are being issued every day for tranquilisers and sleeping pills even as we witness a disturbing increase in stress-related diseases. Yet stress is little more than a habit, an early form of childhood conditioning that we absorbed during our early, formative years. Once we recognise that we re really dealing with a deeply-ingrained habit, we can learn to change our behaviour and rapidly discover that there really is a better way to deal with this pervasive and costly problem There is indeed a much better way and this pioneering book has been designed to show you how to change your behaviour and master your stress response. The stress response developed in humans around fifty to sixty thousand years ago as a natural survival mechanism that was intended to help us survive in dangerous, life-threatening situations. The adrenaline and cortisone that the body produces under stressful conditions would help us fight, for example, a wild and hungry predator or run away. It was a characteristic that was useful enough to have survived up to the present day. But the stress response was only intended to last for two or three minutes. Long enough to fight or flee. It was not intended to function twenty-four hours a day! And that s the problem. People have become so accustomed to being stressed...



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