



# StressCount: Lower Your Stress, Enjoy Your Life

By John C Bremner

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 172 pages. Dimensions: 9.0in. x 6.0in. x 0.4in.StressCount is a powerful book and an easy-to-use tool for implementing change through self-improvement. It will appeal to anyone affected by stress or anxiety, and to those who treat or counsel those individuals. StressCount enables you to take charge of your life and your health, giving you a powerful tracking and assessment tool. You will learn to measure, manage, monitor, and minimize your stress levels, and by association, your health risks. Integral to the book is an online self-assessment tool (accessed using a unique user code available on StressCount. com) which evaluates your level of personal stress through a detailed questionnaire. StressCount describes stages of stress and types of stress, and then walks you through development of a personal mission statement and an action plan. Stress can come from many sources: StressCount looks at thirteen categories of stress (financial, social, spiritual, and so on) and suggests solutions for each kind of stressor. Finally, StressCount provides an uplifting list of stress relievers. Every reader will be able to find a number of activities appropriate for personal stress relief. This item ships...



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