



## No Stress at the Speed of Thought: Mystress Reset Kit (Paperback)

By Mrs Rita Persaud-Kong

Createspace, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Is stress controlling your life-or are you managing your stress? As humans, we are nature s most complex creations, possessing both the conscious body and mind. Moreover, our thoughts impact how our bodies function, and by controlling those thoughts, we can also control our body and stress. Now, a groundbreaking health and wellness resource by a trained professional in the mind-body field gives you the tools you need to a deeper understanding of the mind and body to minimize the stress. No Stress At the Speed of Thought: My Stress Reset Kit is Rita Persaud-Kong s illuminating, actionable guide to stress and its impact that offers 105 tools to improve the quality of your life. Drawing from her expertise as a dispute resolution trainer, as well as a yoga and meditation instructor, the author details how our bodies processes are naturally automated and are designed to self-regulate and heal. No Stress At the Speed of Thought: My Stress Reset Kit reminds readers of college biology, their body systems and functions, how the mind and thoughts impact stress, good health, and wellness, connecting...



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