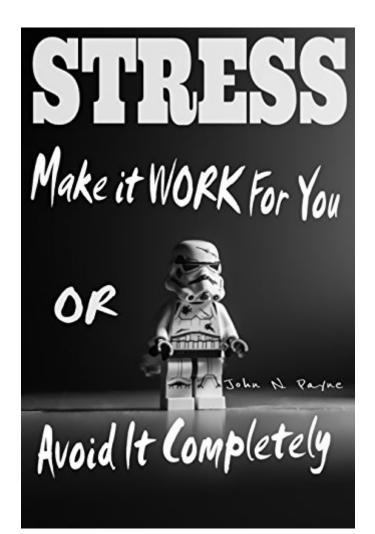
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# STRESS: Make It WORK For You OR Avoid It Completely





## Synopsis

Start living the prosperous life you deserve. Free yourself from everyday STRESS. This book will show you TWO options at approaching stress.1. You can embrace stress and the idea that it exists in your everyday life. By changing your mindset about stress, you can CONVERT it from a negative source into a positive one. Think of stress as an activator for your body. When you are stressed, your senses become heightened to get you ready for fight or flight. Your heart beat increases and you start pumping adrenaline. THINK of stress as an agent that prepares you for the challenges ahead. Stress gives your body the necessary responses in order for you to overcome obstacles. It's a GOOD agent.2. If you could not change your mindset about stress, then AVOID it. Stress can be reduced through uses of supplements, herbs, and other ingredients. It can also be avoided by simply taking life slow and learning simple things again such as how to control your breathing. It includes many other remedies which are not mutually exclusive to each other.

## **Book Information**

File Size: 1792 KB Print Length: 73 pages Simultaneous Device Usage: Unlimited Publication Date: March 25, 2016 Sold by: Â Digital Services LLC Language: English ASIN: B01DH7M7MQ Text-to-Speech: Enabled X-Rav: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #466,673 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #13 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Gestalt #25 in Books > Medical Books > Psychology > Movements > Gestalt #27 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Humanistic

### **Customer Reviews**

John Payne presents a self-help book that repeats much of what has been written before about the

management of Stress but does it in such a manner that it all sounds fresh. What is unique about his book is manipulation stress to work for us. In his introduction he hints at this â " â "Before exploring the positive side of stress and how a new look at the condition can lead to some fantastic life changes, a brief examination of stress and currently held widespread beliefs should be examined. Doing so will allow for a clear contrast between the old school rhetoric arguing the negative aspects of stress, and the newer schools of thought pointing toward stress as a necessary, powerful, and positively purposefulreaction of the human body.â ™ He deals with both the negative aspects of stress and how to treat those and the positive aspects of tress a dhow to manipulate those.John divides his book into the following sections: PART I - The Fundamentals of Stress (Defining Stress, Stress & the Body, Bodily Response, Stress Overload); The Power of Mindset (Change the Way You See Stress, Facing Issues Head On, Not All Stress is Grand, The Relationship Between Meaning and Stress, Stress, Inoculation); Tend and Befriend Response (Neurotransmitters and Hormones, Dopamine, Serotonin, Cortisol, How Much is Too Much?

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STRESS: Make It WORK For You OR Avoid It Completely NEVER BE BANKRUPT - AVOID FILING BANKRUPTCY & START OVER WITH A NEW NAME, IDENTITY & CREDIT - LEGAL, FAST & EASY IN 50 STATES (Disappear, Privacy, New Name) (HOW TO BOOK & GUIDE TO AVOID DISASTER 4) Make Ahead Meals: Stock Up On These 44 Fridge And Freezer Friendly Meals Ahead Of Time, And You'll Never Go Hungry Again-Save Time And Reduce The Stress ... Slow Cooker Recipes, Make Ahead Paleo) 25 DIY Wedding Centerpieces With Flowers: A Step By Step System For The Flower Novice To Save Money & Avoid Stress (Wedding Ebooks Book 1) Trypophobia: Real, Terriffying and you defenetely have it:

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