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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-Ray: 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

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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 “ “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 purposeful reaction of the human body.” He deals with both the negative aspects of stress and how to treat those and the positive aspects of stress and how 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, Terrifying and you definitely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage Sex: Make Him Scream: Make Your Man Scream In Bed, Simple Techniques To Make Him Love You Now And For Better Relationships Unsubscribe: How to Kill Email Anxiety, Avoid Distractions and Get REAL Work Done Doing Honest Work in College: How to Prepare Citations, Avoid Plagiarism, and Achieve Real Academic Success, Second Edition (Chicago Guides to Academic Life) Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps You Can Be Herpes Free This Is Real and You Are Completely Unprepared: The Days of Awe as a Journey of Transformation A roulette system that will not make you rich, but will show you the way to win all you need for a living: If you see a table full of people

and then suddenly ... empty, just with one person, that is me.. Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders - Juicing For Weight Loss & Vitality (Blender Recipes You Can Make With Your ... Star & Other High Speed Blenders & Juicers) How to Make a Man Fall in Love with You: How to Seduce a Man. 6 Simple Steps to Make Him Beg for Your Attention (Dating Advice for Women - How to Get the ... Want You) (How to Get a Boyfriend Book 1) Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and Coping (2nd Edition)

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