



Stress Management: Stop Stressing and Start Living

Nel Iheon

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Live Your Life, Manage Your Stress

It's inevitable! Stress is part of life. You cannot escape it! The best you can do is to live your life, while managing your stress as best as you can.

Are you stressed?

You should know the answer to this question, right? Surprisingly, some people don't know when and why they are stressed. To them, stress has become a regular part of life, which they must live. What about you? Are you stressed? Can you tell? When and why are you stressed?

Stress is bad for your health!

According to a recent study by the American Psychology Association (APA), in 2014, the top four sources of stress, in adults, were money, work (if employed), family responsibilities, and health concerns.

Also according to the APA, stress is detrimental to your health. It affects various body systems, including musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, nervous, male and female reproductive systems.

Objectives of Stress Management: Stop Stress and Start Living

"Stress Management: Stop Stressing and Start Living" is written to inform you about some of the most common sources of stress and how to manage the resultant stress, while dealing with the underlying sources.

What You will Learn

1. Stress and its effects on you and your body.
2. Identifying your stressors.
3. De-cluttering to reduce stress.
4. Quick fixes to turn your day around.
5. Restructuring thoughts to reduce stress.
6. Practicing positive affirmations.
7. Stress in your workplace.
8. Healthy habits that beat stress.
9. Eating to beat stress.

To learn more ...

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From reader reviews:

Joan Rogers:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a go walking, shopping, or went to the Mall. How about open or maybe read a book titled Stress Management: Stop Stressing and Start Living? Maybe it is for being best activity for you. You understand beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with the opinion or you have some other opinion?

Robin Norfleet:

What do you regarding book? It is not important with you? Or just adding material if you want something to explain what the one you have problem? How about your spare time? Or are you busy man or woman? If you don't have spare time to accomplish others business, it is gives you the sense of being bored faster. And you have spare time? What did you do? Everyone has many questions above. They need to answer that question simply because just their can do that. It said that about publication. Book is familiar in each person. Yes, it is correct. Because start from on jardín de infancia until university need that Stress Management: Stop Stressing and Start Living to read.

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Hattie Godfrey:

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