

Resetting Mind and Body

A Guide to Stress Relief



Stress Relief Ebook

Jeffrey S. Nevid, Spencer A. Rathus



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matter how hard we try we are going to find ourselves confronted with them almost daily So since we ve established that we can t prevent stress from happening in our lives it s good to know that there are some things we can do to change our way of responding to stress Stress is one of the natural parts of living However this does not mean we have to let stress take control of our lives Coping with stress for some people may be extremely difficult but it is worth making the effort not to let stress control us When it comes to effective stress management it is all about our emotional response to stress This book brings fourteen simple proven stress management strategies everyone can embrace and execute no matter their age With these simple strategies tackling stress is no longer a challenge but a certainty Here Is a Preview of What You ll Learn What is stress What is the fight and flight stress coping mechanism How stress affects our body and mind Different stress types causes and symptoms Stress diagnosis and stress treatment Self help stress management tips and techniques Different relaxation and calming techniques How to revive yourself by embracing mindfulness And much much more Get this book NOW learn and use the simple and effective stress management techniques and be yourself again You be in control of your emotions and feelings not stress

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