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# Stress Relief Today: 297 Simple Techniques to Manage and Relieve Stress and Anxiety (Heal Your Body the Natural Way) (English Edition)



*Par D. K. Jefferson*  
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## Description :

Prsentation de l'diteurStress can be a killer, don't let it do it's damage on you and your family...Learn why many of the most horrible diseases are caused by something that you can avoid...And that you can avoid without the pills that have side effects sometimes worse than the disease itself.Stress Relief Today is based on a survey taken recently where 300 Americans were asked what kinds of stress they suffered from, and how they relieved it. Nothing was held back, and typical methods of stress relief ranged from obvious techniques like deep breathing, meditation, and exercise to more individualized methods like spending time with animals, sex, music, prayer, volunteer work, crying, hobbies, and many more.There are bound to be many techniques that will help you conquer this silent killer, and that can be implemented instantly.Stress is

currently regarded as the number one killer in our society today. It has been associated with the top six causes of death: cancer, cardiovascular disease, lung disorders, cirrhosis of the liver, accidents, and suicide. It can also contribute to insomnia, migraines, sexual dysfunction, hair loss, acne, depression, and much more. It is often overlooked by medical professionals who treat the symptoms with pills, rather than the root cause (stress). Even worse, stress can be the indirect cause of wrecked relationships and even job loss due to decreased productivity. Yes, everyone has stress on a daily basis, but we can bring it under control simply, without resorting to pills, before it results in the above devastating effects.

In *Stress Relief Today: 297 Simple Techniques to Manage and Relieve Stress Today*, D. K. Jefferson examines the various types of stress, and the universally common stressors. He gives practical advice for managing, reducing, and dealing with the things in our lives that keep us in a state of stress. Before stress can be managed, however, it must be identified. A simple exercise for identifying and labeling the things that cause you stress is provided in Chapter 3: *Managing and Treating Stress*. The author also shares the results of a comprehensive survey of Americans who candidly discuss their own stressors, and the steps they take to manage them. The quotes from the survey respondents are incredibly moving and inspiring. With this book, you no longer have to suffer in silence. You're sure to find a technique or combination of techniques that will help you get control of the stress in your life.

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