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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**

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## **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 as a 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 Good, 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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Trypophobia: Real, Terrifying and you defenately have it:

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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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