



# **Stop Worrying Start Living: Get Great Stress Release Habits (Increase Happiness - Stress And Anxiety Release)**

*Gerry Canfield PhD*

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Do you feel that you're stressed? Do you feel that your life is filled with a constant stream of pressures and challenges, issues and problems, tensions and frustrations? Well, you're not alone. Stress has become one of the most dominant background features of many peoples' lives and the costs to our health and wellbeing are simply staggering. Millions of prescriptions are being issued every day for tranquilisers and sleeping pills even as we witness a disturbing increase in stress-related diseases. Yet stress is little more than a habit, an early form of childhood conditioning that we absorbed during our early, formative years. Once we recognise that we're really dealing with a deeply-ingrained habit, we can learn to change our behaviour and rapidly discover that there really is a better way to deal with this pervasive and costly problem. There is indeed a much better way and this pioneering book has been designed to show you how to change your behaviour and master your stress response.

The stress response developed in humans around fifty to sixty thousand years ago as a natural survival mechanism that was intended to help us survive in dangerous, life-threatening situations. The adrenaline and cortisone that the body produces under stressful conditions would help us fight, for example, a wild and hungry predator or run away. It was a characteristic that was useful enough to have survived up to the present day. But the stress response was only intended to last for two or three minutes. Long enough to fight or flee. It was not intended to function twenty-four hours a day! And that's the problem. People have become so accustomed to being stressed that they don't even realise that they're experiencing various forms of tension almost all of the time.

It's time to acknowledge that prolonged stress harms the body, producing a variety of serious health problems that are both unnecessary and largely avoidable. That's why it is so vitally important to master the stress response and learn how to restore natural order, balance, health and wellbeing at every level of our lives. Written by an inspirational and acclaimed specialist in stress management, this excellent book is a treasure chest of practical methods and techniques for reducing tension in our lives. Filled with powerfully effective advice and field-tested systems, the book will show you how to:

- Evaluate the levels of stress in your own life
- Test your personal stress response
- Check your individual stress and tension symptoms
- Develop powerful methods for eliminating the knee-jerk stress reaction
- Become aware of exactly how your body reacts to stress at every point of the day
- Create your personal stress-awareness diary
- Build a detailed record of your progress to chart your success
- Free yourself from the bonds of constant anxiety
- Engage the higher functions of your brain to overcome the old habits of stress
- Discover a much more powerful way of living your life
- Channel your energy into truly positive attitudes that will support your health and wellbeing

Designed as a powerful three-week programme that directly addresses the stress response and offers the

potential to live your life in a much happier, calmer, more peaceful and creative manner, this could be the most important book that you will consult this year. Don't spend another single moment trapped in the chains of tension. Download the book now and learn to experience the wonder of living without stress for the rest of your life.

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