



Be More Stress-Less! - The Workbook: Realize Your Best Life by Retooling Your Stress

By Jeanne Ricks Chc

NU Day Perspectives, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.This companion to the bestselling book *The Biology of Beating Stress* details easy, step-by-step techniques for restoring calm to body and mind in our highly overstimulated world. It will easily become the go-to source for stress reduction strategies that can easily be incorporated into even the busiest lives. This play book contains powerful stress management tools which are based on the latest research and drawn from a variety of proven treatment methods, including progressive relaxation, autogenic therapy, self-hypnosis, visualization and high intensity interval training. By building your inner resources to handle and recognize stress you begin to ease into an over-all more relaxed state of being. From the very first chapter, you ll explore what makes you tick and what in-turn triggers your stress. Learn to re-frame stress, lowering the volume on the harmful stress cortisol response by making stress work for you instead of against you. You ll understand how setting goals and taking life in smaller chunks creates an inner sense of control and awakens new possibilities. In each chapter you ll gain new...



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