



Destressifying: the Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind

By Davidji

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Destressifying: the Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind, Davidji, It's pernicious .it's diabolical .it creeps into every moment of our lives. It influences our relationships, impacts our physical body, works its way into our conversations, sparks non-nourishing behaviours, and forces us to do things we'd never want to do. It's infectious; it's relentless .It's stress! We all know it. We all experience it. It's the human condition - but through this book, you will learn to transcend it. Drawing on decades of experience working with individuals in extreme, high-pressure situations - including business leaders, world-class athletes, members of the military, Special Forces, and those in crisis - davidji will show you how to handle any type of stress that life throws at you. Just as he demystified the practice of meditation in his award-winning book Secrets of Meditation, here he will teach you proactive tools to breathe more easily, master your emotions, communicate more effectively, cultivate more nourishing relationships, and perform at a higher level. With his trademark easy-to-understand and entertaining writing style, davidji will transform your understanding of stress using time-tested techniques; cutting-edge science; real-world,...



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