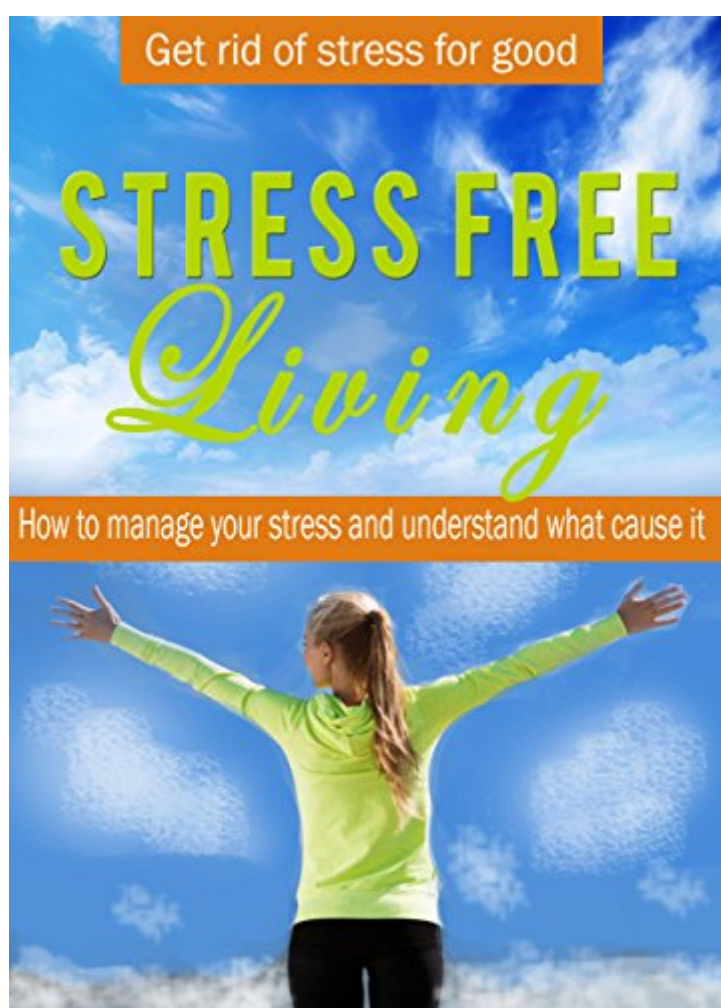


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# STRESS FREE LIVING How To Manage Your Stress And Understand What Cause It: Get Rid Of Anxiety For Good (Build A Better Self Book 3)



## Synopsis

This is easy guide on how you can relieve yourself from stress and you can grab it now for a limited amount of time at a promotional price or you can get it for FREE with Kindle Unlimited. Are you lacking the energy to achieve what you want in life? You have a problem with stress and other issues which prevent you from obtaining what do you want? If you have struggled with stress in the past, then this is the right book for you. You will learn how to overcome this pesky problem. Through this book I will guide you in the journey you want to take and I can ensure you I will provide the best advice so you will achieve your goals. Stress has become a huge problem today. With people working longer hours just to try and make ends meet and being plugged into a 24/7 news cycle, we never seem to be able to sit back and fully relax. Whether it is job stress, life stress, relationship stress or financial stress you can almost guarantee to find stress around every corner. If that news was not bad enough, there is the simple fact that stress can and does lead to serious health issues and even death in some cases. A few facts about stress: The number one leading cause of insomnia and other sleep disorders. 79% of all women report that money and the economy are the biggest areas of stress for them right now. 75% of the world's population undergoes long periods of stress. Stress causes chest pain, high cholesterol, cardiac problems, depression and much more. Highly stressed women have a higher rate of suicide than others. While those numbers are alarming and can be scary to think about, this book will help you avoid the negative effects of stress. This book will teach you how to cope and how to get rid of the stress in your life. The aim of this book is to inspire you to change your life and specifically explains: 1. What stress does to your body. 2. The difference between short term & long term stress. 3. The way stress can affect your emotions & behaviors. 4. The do's and don'ts of breaking free from a stress cycle. 5. The reason stress affects everyone differently. 6. How to cope when you know what type of stress response you have. 7. The short & long term stress-busting strategies. 8. Meditation techniques for reducing stress. 9. The most common traits of people who are less stressed and how you can use them. 10. 5 habits that work to be healthy and free from stress. If you follow the tips outlined within the pages of this book you will have a stress-free zone in your life. While no one can stop the things that happen to cause stress you can learn how to successfully manage the issues and let the stress go. I really think this book will help and I will assume your results as my personal success. Also, I would like to improve it, so you can write a review with pro and cons and if you find it useful share with your dear ones. So collect your copy now and start reading!

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## Customer Reviews

The book is written in a very simple tone, for the average human being. If you're annoyed frequently by the small things in this universe, this book offers some simple thoughts and insights on how you can make yourself and others around you a little happier.

This is my first book on reducing stress, so bear in mind that what I found helpful, someone else may not. This seems like a beginner's guide to stress management, so if you've read other books on the subject before, you'll probably know everything that's mentioned in this book. A lot of it was common sense, but like the saying goes "Common sense ain't common." LOL. I KNOW the things mentioned in the book, but I find it hard to implement them throughout the course of my day because as a working mom, I'm just sooo busy. This book has some common sense strategies on how to keep stress levels down and I'm glad to have read it.

I think the best advice I got from this book was to eat well, exercise and practice self discipline. By creating habits and routines to prevent some the high cortisol level from shooting up, you can stay

happier and live longer. I think the ultimate freedom comes from developing strict habits to prevent any downfalls that have a high risk of greeting stress. Great book overall. I highly recommend, it opens your mind.

I'm a working mom and the pressure from work and at home is so great that I feel like I'm getting older each day. Don't get me wrong, I love my family and my work. But I also want to take good care of myself, so I can serve them efficiently and productively. Getting this stress-free living book is an honor. It has included life-changing tips on how to handle stress. The author encourages us to identify the different causes of our stress so we can solve it. I've identified myself in the following symptoms of stress this book has laid out. I'm more than determined to fix my diet and engage myself in activities I used to love but hasn't done so because of lack of time.

This book is straight forward. Author doesn't waste your time and book goes straight to the point. This is a good book that covers the basics of stress and stress management. If you haven't intentionally learned about stress and how to deal with it, this is a great starting resource. The information is clear and the action steps are as well.

This book was indeed a surprise. I didn't know what to expect, but the information is presented in a professional manner, and it is evident it was well researched. I was able to identify several of the indicators the author mentions, both in myself and my daughter, who is a young attorney. I will most definitely be recommending this book to her. Short and on point!

This book is straight forward. This is a good book that covers the basics of stress and stress management. If you haven't intentionally learned about stress and how to deal with it, this is a great starting resource. The information is clear and concise and the action steps are as well.

This is a very good book. I can get easily stressed and this book helped me to get better. I've been slowly overcoming it and I think this book is very interesting, helpful and informative. The guide taught me how to enjoy life, be calm, spend more time relaxing. I recommend this book.

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## Identifying Treatment & Therapy Options

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