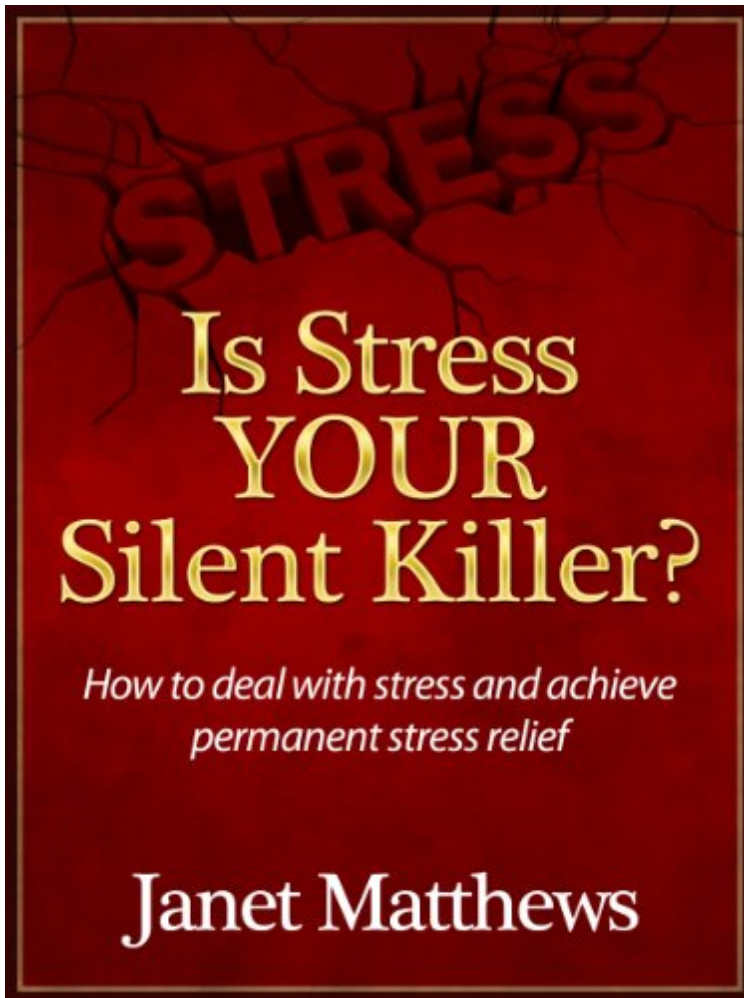


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Is Stress YOUR Silent Killer?: How to deal with stress and achieve permanent stress relief (English Edition)



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Prsentation de l'diteurIs Stress YOUR Silent Killer? A dramatic title for a topic that is so often glossed over.

Stress is responsible for many of today's diseases and illnesses. Stress and anxiety compromises your immune system and your body's ability to absorb the nutrients from your food. But is stress relief enough to prevent illness and disease invading your body or do we need to change our way of thinking and being in order to learn how to deal with stress before it starts?Most people will have encountered one or more episode of stress in their lives and in many cases with sensible stress management techniques, will have learned how to deal with it and will have suffered no long term ill effects. But what happens if you have many episodes of protracted stress in your life and your body is unable to cope with the constant rush of adrenalin into the

blood stream? Stress relief is far more difficult to achieve when you are suffering from chronic stress. It is also time maybe to reassess your life, and discover what is really causing you to be stressed. You may be surprised! Chronic stress such as this can lead to serious health problems if it is allowed to continue and can all too easily become YOUR Silent Killer. This short book can help you to recognize the symptoms and help you identify appropriate strategies for how to deal with stress and ultimately enjoy stress free living. Having suffered from chronic stress myself, I am only too aware of the detrimental effect this can have on our health and well-being. In this book I will share my own experience, what it taught me about myself, and how, through a deeper inner knowledge, I was ultimately able to begin to stress proof my life. In this book you will discover What Stress is The signs indicating my own stress The main causal factors of stress Main causal factors of my own stress How stress leads to ill health How stress affects the immune system Strategies for dealing with stress What I discovered in hindsight How I alleviated my stress My long journey back to spiritual, emotional and physical well-being Through my journey you will learn not only how to achieve stress relief but how to deal with stress by gradually eliminating it from your life. Stress free living is possible once you know what it is about YOU that makes you stressed. Very often it isnt simply the circumstances of our busy lives that makes us stressed, but something more intrinsic in the way we think. Read this book today and learn how YOU can stress proof your life. This is a short book with 13,334 words. What others have said The author Janet Matthews describes her book as "a short book with 13,334 words."

A HUGE book of 13,334 words would be a more apt description. Every word, concept and verbal illustration carries tremendous weight and meaning that I, for one, can recognize, identify with, and use to my benefit. Julia Busch AntiAgingPress.org What is really good about this book is the connection the author makes with the reader through her own experience which will help many people understand that they are not alone in their situations. Even if you feel you are coping with stress this book will help not just deal with it but combat it. Is Stress Your Silent Killer? - worth the investment. Liam Lusk Presentation de l'diteur Is Stress YOUR Silent Killer? A dramatic title for a topic that is so often glossed over. Stress is responsible for many of today's diseases and illnesses. Stress and anxiety compromises your immune system and your body's ability to absorb the nutrients from your food. But is stress relief enough to prevent illness and disease invading your body or do we need to change our way of thinking and being in order to learn how to deal with stress before it starts? Most people will have encountered one or more episode of stress in their lives and in many cases with sensible stress management techniques, will have learned how to deal with it and will have suffered no long term ill effects. But what happens if you have many episodes of protracted stress in your life and your body is unable to cope with the constant rush of adrenalin into the blood stream? Stress relief is far more difficult to achieve when you are suffering from chronic stress. It is also time maybe to reassess your life, and discover what is really causing you to be stressed. You may be surprised! Chronic stress such as this can lead to serious health problems if it is allowed to continue and can all too easily become YOUR Silent Killer. This short book can help you to recognize the symptoms and help you identify appropriate strategies for how to deal with stress and ultimately enjoy stress free living. Having suffered from chronic stress myself, I am only too aware of the detrimental effect this can have on our health and well-being. In this book I will share my own experience, what it taught me about myself, and how, through a deeper inner knowledge, I was ultimately able to begin to stress proof my life. In this book you will discover What Stress is The signs indicating my own stress The main causal factors of stress Main causal factors of my own stress How stress leads to ill health How stress affects the immune system Strategies for dealing with stress What I discovered in hindsight How I alleviated my stress My long journey back to spiritual, emotional and physical well-being Through my journey you will learn not only how to achieve stress relief but how to deal with stress by gradually eliminating it from your life. Stress free living is possible once you know what it is about YOU that makes you stressed. Very often it isnt simply the circumstances of our busy lives that makes us stressed, but something more intrinsic in the way we think. Read this book today and learn how YOU can stress proof your life. This is a short book with 13,334 words. What others have said The author Janet Matthews describes her book as "a short book with 13,334 words." A HUGE book of 13,334 words would be a more apt description. Every word, concept and verbal illustration carries tremendous weight and meaning that I, for one, can recognize, identify with, and use to my benefit. Julia Busch AntiAgingPress.org What is really good about this book is the connection the author makes with the reader through her own experience which will help many people understand that they are not alone in their situations. Even if you feel you are coping with stress this book will help not just deal with it but combat it. Is

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