



The Stress Free You: How to Live Stress Free and Feel Great Everyday, Starting Today

Elizabeth O'Brien

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Stressors are everywhere. Each and every day, we run into situations that constantly test us, rob us of our patience, strip us of our sanity, impact our focus, and cause us to lose control of our days.

Although stress can be challenging, it can also be easy to handle if you have a system to deal with it. This system would knock out these stressors, shut down your anxiety, and curb fear so you can take back control of your life.

Inside "The Stress Free You: How to Live Stress Free and Feel Great Everyday, Starting Today" is an easy-to-implement system which you can use today to knock out the stressors in your life one by one.

You'll discover why a little stress is good for you, why your body becomes "overloaded" with chronic stress, how to assess your stress level and take definite action steps to tame the wild beast of stress, how simple meditation and such gentle exercises as yoga and Tai Chi can help you beat stress, stress management tips you can use at work, school and home to relieve stress nearly instantly, how the simple act of sleep (when done properly!) works as a great stress-buster, and more.

The Stress Free You: How to Live Stress Free and Feel Great Everyday, Starting Today Details

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Author : Elizabeth O'Brien

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From Reader Review The Stress Free You: How to Live Stress Free and Feel Great Everyday, Starting Today for online ebook

Deborah says

useless

Helen says

Really helpful, especially the quiz in the middle to find out what kind of stresses I am. Looking forward to a stress free me...

Tammy says

Awesome and helpful. Waiting on author approval before review but it will be an awesome review.

Vivaan Ali says

I like there was not a long preamble before the author got to the point. Long preambles are stressful. She gives good advice on using exercise, simple meditation, food and supplements. It is all very easy and doable.

Kimberly Brillhart says

I really enjoyed this book. It's a short uplifting book that discusses the importance of positive thinking and offers different techniques to eliminate stress. I especially liked the aromatherapy section.

Janae says

Good resource and food for thought.

Tona says

This book came at the right time. I've been stressed out and not sleeping. This book gave me some great ways to identify stress and how to deal with it. Granted, you have to do the work but I'm starting to realize some of the signs. I try to remember one thing from the book per day. I highly recommend purchasing this

book.

Diane says

Positive & uplifting, a lovely little book.

Rashelle says

I love this book. I had no clue what to do about all the stress I was feeling, and I didn't realize how damaging it really is. I'm definitely going to be trying some of these tips and tricks ASAP. I also love that there's information about sleep deprivation in it as well. This will most certainly help my husband as well.

Fiona Brichaut says

May be useful as an introduction if you know nothing about dealing with everyday stress. Five minutes with Google and you'll find the same advice - meditation, exercise, maybe a bit of Tai Chi, yoga or aromatherapy....

For chronic stress that is affecting your life and health, I don't think this goes deep enough.

Mario Streger says

I started reading this book because I have headache twice a week and can't stand it no more. It gave me some tips on how to get rid of the stress I feel, which is maybe what is causing my pain. I identified myself with the third part of the quiz, where I found out that my problem may be solved with some meditation. Hope it helps.

Nicholas Maulucci says

stress - something with which we all do on one level or another. washer breaks down, showers plugged up, car is broke down, dealing with people that never are satisfied, homeschooling, fleas, visa paperwork, passport paperwork at the embassy 6 hours away, - that is all everyday life, but hearing that a family of fourteen is moving in for three months on top of all that - now that may cause some stress. this book deals with it on a superficial level. some humanism, some cutesy ideas. Jesus said, take my yoke upon you...and I will give you rest - and because of that, we are not stressed out.

Barbara says

Short and positive, but not very in depth on any of the topics covered.

Omar Jarvis says

Very good book, though I feel it was written just for me. It has a lot of techniques that people already know but sometimes you needed be reminded of these things. It's definitely a book I will always keep on my Kindle and share with others. I recommend if you are unsure how to deal with stress please read this book.

Holly says

This little ebook was just what I needed when I realized that stress and anxiety from a full-time job, full-time grad school, and working on the business and marketing plans for a start-up business was not going away. Oh, was I supposed to have a life somewhere in there? I count myself lucky if I get a shower every day.

The best thing about this book is the length.

Yep, it's super short, and when you're at your limit with stress and anxiety, 400 pages is just as overwhelming as the stress itself. At 93 pages, **The Stress Free You** will make the job less daunting.

Where this book will excel, I think, is as a starting guide. If you follow the tips, it can get you to a place where you feel like you're *able* to handle a more in-depth 400 page job.

I especially enjoyed the explanation of what to think about when meditating (focus on the spot 3 inches above your bellybutton! Makes it so much easier than trying to focus on nothing!) and the guide on herbal supplements you can try when you just need a little bit of help getting there.
