



Seeking Serenity: The 10 New Rules for Health and Happiness in the Age of Anxiety

Amanda Enayati

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In a provocative and practical look at modern stress, *Seeking Serenity* offers an empowering new message: Stress can serve as a guide to living our happiest and healthiest lives.

In *Seeking Serenity*, stress columnist Amanda Enayati challenges our long-held assumptions about stress, painting a groundbreaking picture that separates myth from reality when it comes to what is commonly referred to as the plague of modern life. Weaving together stories, research from science, history, philosophy and diverse faiths, and everyday exercises, she crafts a fascinating tale that begins with the behind-the-scenes machinations of corporate villains and ends in the power of our stories to shape our realities.

We are living in an era of dramatic highs and lows, with lives that move at a pace and intensity impossible at any other time in history. These contradictions throw us off-kilter, out of harmony and balance, creating what we perceive as never-ending and destructive cycles of stress. But life itself has always been—and will always be—a series of fluctuations: the good days, the bad days, the excruciating days. The key to mastering stress lies in the way we experience it.

Seeking Serenity presents ten revolutionary principles developed from the emerging science of stress and reinforced by literature, philosophy and age-old spiritual wisdom that help us to differentiate between destructive and constructive stress, and to master stress in the everyday by learning how to:

- Shift our perceptions to interpret inevitable challenges in a way that serves us better;
- Embrace a narrative that casts stress as a pathway to adaptation and growth; and
- Commit to breaks, buffers, and protective practices that will minimize and neutralize the adverse impacts of toxic stress.

Drawing on extensive research and remarkable case studies, *Seeking Serenity* presents a clear and accessible action plan to achieving more joyful and productive lives, stronger communities and a better world.

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Kent Moore:

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