



# **Stressaholic: 5 Steps to Transform Your Relationship with Stress**

*Heidi Hanna*

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# Stressaholic: 5 Steps to Transform Your Relationship with Stress

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**Stressaholic: 5 Steps to Transform Your Relationship with Stress** Heidi Hanna

**A guidebook for the journey from exhaustion to enlightenment**

Chronic multitasking and ever-increasing demands on our time and energy have caused a neurochemically-based dependence on sources of stress and stimulation to provide fuel for our chaotic lifestyles. While this may boost performance in the short-term, studies have consistently shown that when stress hormones are elevated over time they create the worst form of internal wear and tear; decreasing productivity, wasting time, and even killing brain cells. As a result, modern society is tired and wired, suffering from physical exhaustion while mentally amped up, and unable to get adequate rest.

Stress in and of itself is not bad, and is actually utilized for growth when balanced with adequate recovery. The solution to stress addiction is to build in and prioritize optimal rest and relaxation on a holistic level—body, mind, and spirit—in order to consistently recharge and create a more resilient operating system.

*Stressaholic* shows you how to win the war on stress without limiting progress by creating an optimal performance pulse of stress and recovery for life.

- Explains the impact of chronic stress on the human operating system; body, mind, and spirit
- Shows how a simple shift in mindset can dramatically alter physiological responses to stress
- Reveals simple techniques for altering daily stress patterns to improve natural rhythms, creating a personalized performance pulse

With easy to implement tips and real-world examples of people and organizations that have turned stress into sustainable drive, *Stressaholic* will guide you on your journey from exhaustion to enlightenment!

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