



Stressaholic: 5 Steps to Transform Your Relationship with Stress

Heidi Hanna

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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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Albert Guerra:

Reading can called imagination hangout, why? Because when you find yourself reading a book specially book entitled Stressaholic: 5 Steps to Transform Your Relationship with Stress the mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will become your mind friends. Imaging just about every word written in a e-book then become one web form conclusion and explanation in which maybe you never get prior to. The Stressaholic: 5 Steps to Transform Your Relationship with Stress giving you yet another experience more than blown away your head but also giving you useful details for your better life within this era. So now let us teach you the relaxing pattern this is your body and mind will be pleased when you are finished looking at it, like winning a. Do you want to try this extraordinary paying spare time activity?

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Katherine Wilcoxon:

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