

zaid Soufi

WHAT'S GOING ON INSIDE?

What is stress, really? Can anyone truly live without it?





ZAI**D** TH**=**INKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

Reading instructions

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

Have fun!

What's Going On Inside?

You

You are doing the right thing by gathering knowledge

Have

Have you ever felt like you just can't take it anymore?
So have I.

Some

Sometimes all you need is a small motivation to change
your life

Stress

Stress is normal and we can't always avoid it, but we can learn more about it

And

And no matter how hard you try, never give up!

That's

That's not destiny, but a choice — the choice to live
happily.

Fine.

Fine is what you'll feel after turning stress into your
advantage

Everyone

Everyone will view you as a different person

Has

Has struggle shaved the person you are today?

Stress

Stress can be your enemy, or your friend.

In

In your head, you must win the battle

Their

Their weaknesses can become powerful tools.

Lives.

Lives are changed the moment we change our mindset

You

You can do more than you think

Just

Just keep moving forward, one step at a time

Need

Need creates focus and determination, what do you
need?

To

To grow is to handle stress properly

Learn

Learn more about stress and you'll conquer it

How

How are you going to start?

To

To improve your life, to deal with stress better

Manage

Manage your emotions correctly and you're halfway
there

It.

It always seems impossible until it's done!

The End.

Stay in touch with me

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

Till soon?

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“It’s not stress that kills us, it’s our reaction to it.”

Hans Selye