

STRESS FOR DUMMIES



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From Stress Management For Dummies, 2nd Edition. By Allen Elkin . Identifying the symptoms of stress is an important first step to reducing tension in your life. Once you identify the signs of stress, use your imagination and the proven tool of progressive muscle relaxation to put your mind and body at ease.

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Part of the problem with defining stress is the confusing way the word is used. We use the word stress to refer to the thing or circumstance out there that stresses us (stress = the bus that never comes, the deadline, the traffic jam, the sudden noise, and so on).

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It's impossible to get through life without encountering stress. And unfortunately, most of us learn the incorrect ways to cope with it. Thankfully, Stress Management For Dummies gives you trusted, time-tested guidance on teaching your body and mind to properly cope with stress while keeping your sanity intact.

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