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Stress: Rising Above Its Grasps with God (Paperback)

By Steven Haymon, Dr Steven Haymon

Carpenters Son Publishing, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. Stress: Rising Above Its Grasps with God, is an instrument that empowers its readers to combat the effects of stress. The book uses clinical modalities with spiritual principles to help mitigate the pernicious effects of stress. It emphasizes the need for holistic health by using spelled out techniques within its pages. Some mitigating tools that are highlighted within the pages to help reduce the effects of stress are: meditation, exercises, aroma therapy, acupuncture, deep breathing exercises and the power of God; to name a few. It also intimates how successful people overcome their stressors by developing and using various qualities such as: Living in the present not reliving yesterday's mistakes, avoiding victim mentality poor me, possessing resilience, tenacity, self-control, and focus; learning from mistakes, using others as resources, and learning how to develop short-term and long-term goals. The book also indicates how to avoid the traps of depression. Bonus information includes how stress can grossly contribute to opportunistic conditions, specifically Alzheimer's' This stress reducing instrument also investigates man's proclivities toward addicted behaviors which only exacerbate the effects of stress. It explores multiple distractions, which can worsen...



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