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## Lighten Your Load: 35 Surprisingly Simple Ways to Free Yourself from Stress, Toxins, and Clutter

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By Karin Kiser

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Truth Behind Stress Management And Why Most Mainstream Advice Is Wrong. Discover How to Create More Time, Energy, Vitality And Freedom In Your LifeHave you felt the symptoms of stress creeping into your life more and more?Darkening your relationships, mindset and body Youre not alone. The American Psychological Association recently revealed that over 75 of Americans experienceat least one symptom of stress per month. These numbers are likely growing. This is not acceptable. Change is not just required, its a necessity. Stress isnt something that just appears, it builds up slowly, and if left unchecked it can lead to some truly frightening consequences. Everything fromobesity, unhappiness, insomnia, lack of job satisfaction, illness, and many other side effects. The problem with traditional approaches to stress management is they avoid the root causes of stress, and focus on external factors that are often impossible to control. Instead you must focus on the root causes -- your environmental, psychological, emotional, and physical health. This is the"secret" to stress management and creating more time, energy, vitality, and freedom...



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