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The author of *The Willpower Instinct* delivers a controversial and groundbreaking new book that overturns long-held beliefs about stress. More than 44 percent of Americans admit to losing sleep over stress. And while most of us do everything we can to reduce it, Stanford psychologist and best-selling author Kelly McGonigal, PhD, delivers a startling message: Stress isn't bad. In *The Upside of Stress*, McGonigal highlights new research indicating that stress can, in fact, make us stronger, smarter, and happier - if we learn how to embrace it. *The Upside of Stress* is the first audiobook to bring together cutting-edge discoveries on the correlation between resilience - the human capacity for stress-related growth - and mind-set, the power of beliefs to shape reality. As she did in *The Willpower Instinct*, McGonigal combines science, stories, and exercises into an engaging and practical book that is both entertaining and life-changing, showing you: McGonigal's TED talk on the subject has already received more than seven million views. Her message resonates with people who know they can't eliminate the stress in their lives and want to learn to take advantage of it. *The Upside of Stress* is not a guide to getting rid of stress but a guide to getting better at stress by understanding it, embracing it, and using it. DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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