

PfMnc [Free PDF File] destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind

"davidji is a wonderful teacher who brings joy and awareness to the world."
— Deepak Chopra, New York Times best-selling author



davidji

destressifying

THE REAL-WORLD GUIDE TO PERSONAL EMPOWERMENT,
LASTING FULFILLMENT, AND PEACE OF MIND

CONTINUE ►

Its pernicious . . . its diabolical . . . it creeps into every moment of our lives. It influences our relationships, impacts our body, works its way into our conversations, sparks non-nourishing behaviors, and forces us to do things we'd never want to do. Its infectious; its relentless . . . its stress! We all know it. We all experience it. It's the human condition but through this book, you will learn to transcend it. Drawing on decades of experience working with individuals in extreme, high-pressure situations including business leaders, world-class athletes, members of the military, Special Forces, and those in crisis davidji will show you how to handle any type of stress that life throws at you. With his trademark easy-to-understand and entertaining writing style, he will transform your understanding of stress using time-tested techniques; cutting-edge science; real-world, practical applications; and in-the-moment stress busters. How you respond to the world around you determines the fabric of your life and one read of destressifying will enhance your performance at work, at home, and in the face of daily surprises. This book will allow you to determine the speed at which life comes at you and guide you to deeper

fulfillment, greater empowerment, and true peace of mind.

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