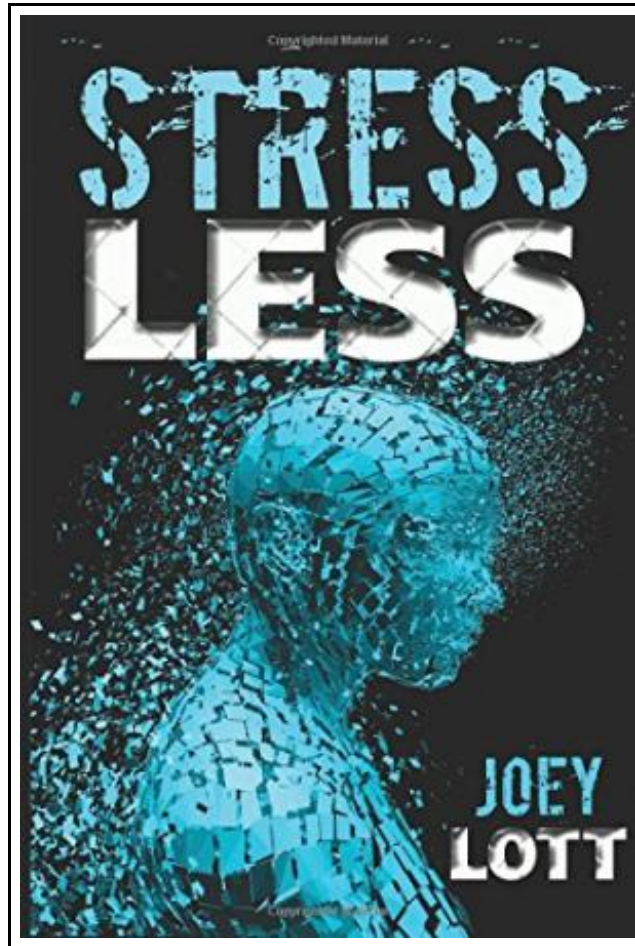


## Stress Less: Targeting the Physiological Roots of Stress



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Feeling stressed? If you're looking at Joey Lott's Stress Less, then chances are you've encountered stress at some point in your life. Who hasn't these days? The pace of modern life is frantic, and we all have plenty on our plates with work, relationships, children and more. The question is, what can we do about it? Is there a way we can work with our own bodies and our own imaginations to help de-stress ourselves, and can we do it without expensive therapy or damaging pharmaceuticals? The good news is that stress IS reversible, and Joey Lott can show you how. How can I de-stress and be healthier and happier? Stress Less offers four simple pillars of wisdom for coping with stress, and covers effective strategies for removing its harmful effects from your life forever. Through careful consideration of facing all stress experiences without artificial defense, normalizing breathing to eliminate hyperventilation, supplying the body with enough dietary energy and nutrition, and improving sleep quality and quantity, Lott demonstrates how we can all strive to become stress-proof individuals. He demonstrates simple exercises, which anyone can practice, to develop natural freedom from damaging stressors. The more you put the simple advice into practice, the easier your life can become. Haven't I heard all this before? There are, as I'm sure you know, hundreds of books and programs available for dealing with stress. In Stress Less, however, Joey Lott makes the following promise: In this book I will offer you something genuinely insightful, simple, and effective. He has synthesized a unique approach to releasing stress based on an understanding of the anatomy and the...

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