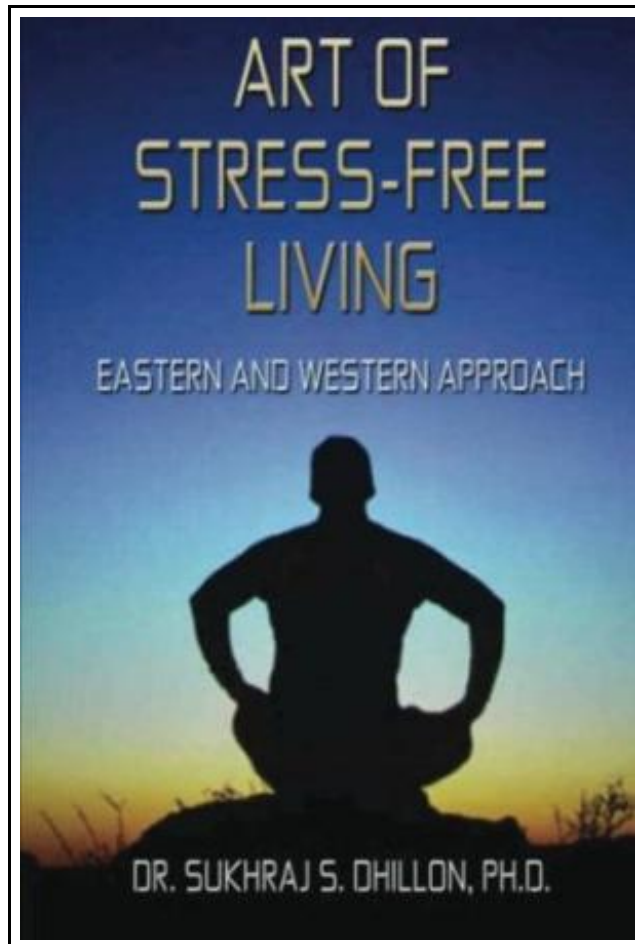


Art of Stress-Free Living: Eastern and Western Approach



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Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Art of Stress-free Living: Eastern and Western Approach is a practical guide that combines various stress treatment approaches that have been recognized for centuries by faith healers and meditation experts, and are now accepted by modern medical practitioners. This is the first book of its kind, combining ancient Eastern wisdom and modern Western scientific knowledge. This guide can save you from going to expensive seminars and other programs offered in physicians offices, spas, schools or retirement centers. You don t need to go to an ashram in India or University wellness centers; because this book provides various relaxation techniques that you will be able to follow yourself. What is called Sudarshan Kriya by new age gurus is a cycle of breaths-long, medium and short. Not only breathing patterns influence our emotions, the breath is in the present and is used to rope in the wandering mind that oscillates wildly between the past and the future. You will learn how the breath being in the present can be used to rope in the wandering mind. Like Zen masters who teach that the present moment is a chink opening into eternity, this guide describes in detail THE POWER OF NOW- ZEN BUDDHISM APPROACH. This guide also takes into account the positive (pre-distress/eustress) aspects of stress. The introduction to Art of Stress-free Living starts with a quote by Dr. Redford Williams, Duke University: Diet and exercise alone are like a two-legged stool. It s more stable with the third leg, stress management. However, the author goes even further that for healthy heart stress management is even more important than weight control and lower cholesterol. Dr. Dhillon observes that his stressed...

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