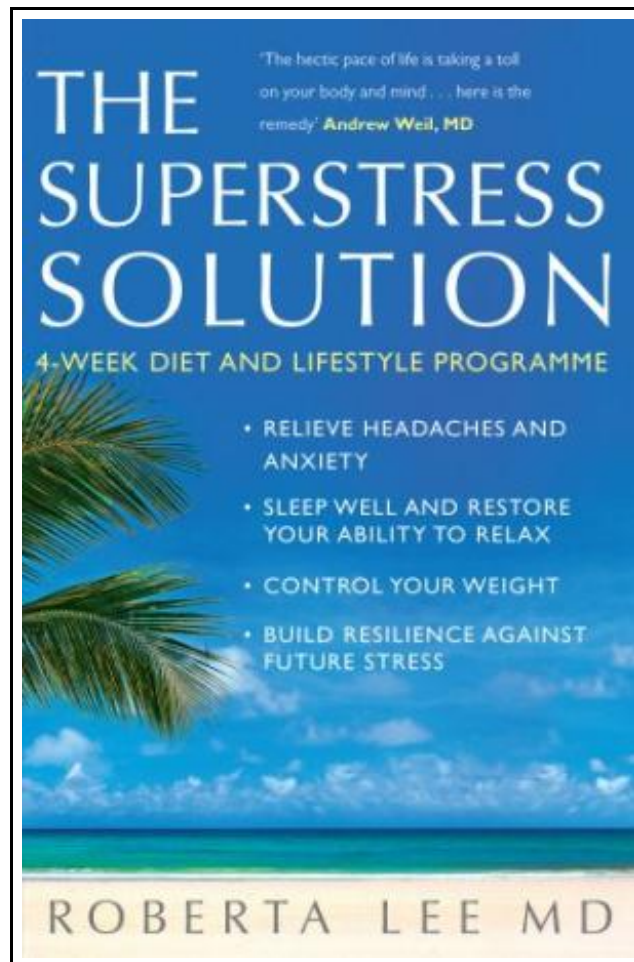


## Superstress Solution: Reclaiming Your Mind, Body And Life From The Superstress Syndrome



Filesize: 1.04 MB

### ***Reviews***

*Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

***(Bernie Mante PhD)***

## **SUPERSTRESS SOLUTION: RECLAIMING YOUR MIND, BODY AND LIFE FROM THE SUPERSTRESS SYNDROME**

**DOWNLOAD**



Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, Superstress Solution: Reclaiming Your Mind, Body And Life From The Superstress Syndrome, Roberta Lee, For most people, life today means less sleep, less leisure, and less exercise; semi-present parenting, junk food eaten on the run, more caffeine and more work. Our 24/7 news cycle shouts at us from every screen, keeping us on edge with haunting images of war abroad, terror at home, and threats to our finances and health around every corner. The depth and breadth of these phenomena have so profoundly impacted the quality of our lives that the way our bodies respond to it has devolved into a new diagnosis - SuperStress Syndrome - a form of Post-traumatic Stress Disorder produced by the 21st century's over-stimulating lifestyle. Under normal conditions, confronted with dangerous challenges, the human body releases stress hormones that prepare it to meet the demands of the perceived emergency, but then returns the nervous system to a restorative state when the crisis has passed. With SuperStress, stress hormones flow unabated and, unable to adapt to and accommodate this chronic hormonal surge, the human body begins to break down. In addition to immune deficiencies, acute gastrointestinal issues, high blood pressure, chronic inflammation, obesity, and insomnia, this process creates a numbing effect, causing those who experience SuperStress to often mistakenly identify themselves as 'being in control' and able to 'rest' at will. And so the insidious biological cycle continues. "The SuperStress Solution" shares world-renowned integrative physician Roberta Lee's unique prescription for recognizing, rebalancing, and protecting against the symptoms of SuperStress. It provides a comprehensive questionnaire to help readers evaluate their own level of stress, as well as a healing four-week programme - a series of small, easy-to-incorporate steps toward physical and emotional wellness - that will reset the...



[Read Superstress Solution: Reclaiming Your Mind, Body And Life From The Superstress Syndrome Online](#)



[Download PDF Superstress Solution: Reclaiming Your Mind, Body And Life From The Superstress Syndrome](#)

## You May Also Like



### **DK Readers Plants Bite Back Level 3 Reading Alone**

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 9.0in. x 5.8in. x 0.2in. With Eyewitness Readers, children will learn to read --then read to learn! There are plants that prickle, sting, or even munch...

[Download ePub »](#)



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download ePub »](#)



### **TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)**

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download ePub »](#)



### **Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to...

[Download ePub »](#)



### **Kingfisher Readers: Where Animals Live (Level 2: Beginning to Read Alone)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Where Animals Live (Level 2: Beginning to Read Alone), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the...

[Download ePub »](#)