



# **STRESS: Make It WORK For You Or Avoid It Completely**

*John N. Payne*

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# STRESS: Make It WORK For You Or Avoid It Completely

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## **STRESS: Make It WORK For You Or Avoid It Completely** John N. Payne

Free yourself from everyday STRESS. This book will show you TWO options at approaching stress. 1. You can embrace stress and the idea that it exists in your everyday life. By changing your mindset about stress, you can CONVERT it from a negative source into a positive one. Think of stress as an activator for your body. When you are stressed, your senses become heightened to get you ready for fight or flight. Your heart beat increases and you start pumping adrenaline. THINK of stress as an agent that prepares you for the challenges ahead. Stress gives your body the necessary responses in order for you to overcome obstacles. It's a GOOD agent. 2. If you could not change your mindset about stress, then AVOID it. Stress can be reduced through uses of supplements, herbs, and other ingredients. It can also be avoided by simply taking life slowly and learning simple things again such as how to control your breathing. It includes many other remedies which are not mutually exclusive to each other.

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People live in this new day time of lifestyle always attempt to and must have the free time or they will get great deal of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely indeed. People is human not just a robot. Then we ask again, what kind of activity are there when the spare time coming to an individual of course your answer can unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, the actual book you have read is definitely STRESS: Make It WORK For You Or Avoid It Completely.

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