



## Stressaholic: 5 Steps to Transform Your Relationship with Stress

By Heidi Hanna

John Wiley & Sons Inc. Hardback. Book Condition: new. BRAND NEW, Stressaholic: 5 Steps to Transform Your Relationship with Stress, Heidi Hanna, A guidebook for the journey from exhaustion to enlightenment Chronic multitasking and ever-increasing demands on our time and energy have caused a neurochemically-based dependence on sources of stress and stimulation to provide fuel for our chaotic lifestyles. While this may boost performance in the short-term, studies have consistently shown that when stress hormones are elevated over time they create the worst form of internal wear and tear; decreasing productivity, wasting time, and even killing brain cells. As a result, modern society is tired and wired, suffering from physical exhaustion while mentally amped up, and unable to get adequate rest. Stress in and of itself is not bad, and is actually utilized for growth when balanced with adequate recovery. The solution to stress addiction is to build in and prioritize optimal rest and relaxation on a holistic level body, mind, and spirit in order to consistently recharge and create a more resilient operating system. Stressaholic shows you how to win the war on stress without limiting progress by creating an optimal performance pulse of stress and recovery for life....



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