



The Women's Guide to Stress Relief in 7 Easy Steps (Lynn Sonberg Books)

Deborah Mitchell

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What is stress—and how do I manage it?

Why is stress different for women than it is for men?

How does stress impact my body, mind, and spirit?

Am I at risk for stress-related health problems?

What are my treatment options?

How can I reduce stress—naturally?

THE WOMEN'S GUIDE TO STRESS RELIEF IN 7 EASY STEPS

includes:

A COMPLETE STRESS MANAGEMENT PLAN—Simple, stress-reducing techniques that can help you reduce, manage, and even eliminate stress in your life—and put you on the path toward peace and calm. Includes checklists for self-examination and tips for avoiding triggers.

THE MOST UP-TO-DATE RESEARCH—what medical professionals have learned about stress: the anatomy and natural process of stress; how it affects you and your health; and why you should find new ways to keep it at bay.

STRESS-RELATED HEALTH CARE—how to lower risks to your heart and cardiovascular system, hormones, stomach and digestion, and immune system.

DAY-TO-DAY STRESS-BUSTER TIPS for reducing stress levels at home and at work—from communing with nature, social event-planning, and creative self-expression to breathing therapy, guided imagery, and the most important practice of all: sleep. Dozens of women share their ideas.

PROFESSIONAL TREATMENT OPTIONS—when and where to seek professional assistance, therapy, or medication.

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