



# **10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life (The New Harbinger Ten Simple Solutions Series)**

*Claire Michaels Wheeler*

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Powerful Tools for Dealing with Stress

Stress. We all struggle with it. We know it can shorten our lives, age us prematurely, make us fat-yet we can't seem to escape it. One more thing we know is that, ultimately, we're the only ones who can stop stress from taking over our lives. So what are you waiting for? This little book offers ten simple solutions you can put into practice right now to reduce stress.

Based on positive psychology, mind-body medicine, and cognitive behavioral therapy, the ten simple solutions in this book offer powerful antidotes to stress. These practices and stress-rescue techniques will help you to cope effectively with stressful moments throughout your day. Try them and, in no time at all, you'll start enjoying better health and a balanced, more fulfilling life.

*Stress is like the weather. Everyone talks about it, but no one does anything about it. That can change if you read this book and take its lessons to heart. The author is an expert in physical and psychology well-being, and she knows what she is talking about. Her good sense shows through on every page, and the book abounds with concrete suggestions not only about how to manage stress but more importantly about how to thrive. I highly recommend **10 Simple Solutions to Stress**.*

-Christopher Peterson, Ph.D., professor of psychology and former director of clinical psychology training at the University of Michigan and author of Character Strengths and Virtues and A Primer in Positive Psychology

*If Dr. Wheeler's **10 Simple Solutions to Stress** could be put into a pill, it would be prescribed in record numbers. This book teaches a set of skills that will substantially improve your quality of life and health. I will be recommending Dr. Wheeler's book to my patients and make it required reading for my medical students.*

-Meg Hayes, MD, assistant professor of family medicine at Oregon Health and Science University

*This is a fine, fine book by a thoughtful, caring physician-a clearly written, well documented, eminently practical guide to reducing your stress, decreasing your risk of chronic illness, and just plain feeling better.*

-James S. Gordon, MD, founder and director of the Center for Mind-Body Medicine, and author of Manifesto for a New Medicine

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Have you spare time for a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a walk, shopping, or went to often the Mall. How about open or even read a book allowed 10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life (The New Harbinger Ten Simple Solutions Series)? Maybe it is to be best activity for you. You know beside you can spend your time using your favorite's book, you can better than before. Do you agree with their opinion or you have different opinion?

#### **Wiley Wagner:**

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#### **Kimberly Martin:**

People live in this new time of lifestyle always aim to and must have the time or they will get lot of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not really a robot. Then we inquire again, what kind of activity are there when the spare time coming to an individual of course your answer may unlimited right. Then do you ever try this one, reading guides. It can be your alternative inside spending your spare time, the actual book you have read is actually 10 Simple Solutions to Stress: How to Tame Tension and Start Enjoying Your Life (The New Harbinger Ten Simple Solutions Series).

#### **Elizabeth Acker:**

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So , this is certainly good reading book. Heya Mr. and Mrs. hectic do you still doubt which?

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