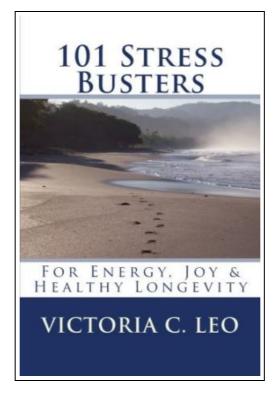
# 101 Stress Busters: It s More Than Just Meditation! (Paperback)



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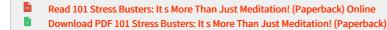
### Reviews

It is really an amazing publication that I actually have possibly study. It is actually packed with knowledge and wisdom You will not really feel monotony at whenever you want of your time (that's what catalogs are for regarding in the event you request me). (Walton Watsica)

#### 101 STRESS BUSTERS: IT S MORE THAN JUST MEDITATION! (PAPERBACK)



Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. BW interior. Begins with a chapter on the killer effects of stress and the importance of taking effective action. Chapter of Essentials: fun walking meditation; easy seated meditations and mindfulness; breath; others. Then six chapters of Tools for both prevention of stress and rapid halt to the stress cascade: yoga, Reiki, EFT (tapping), reflexology, acupressure and acupuncture. But also crochet, knitting, decorative art sewing, making beauty in wood, metal and carved soap and vegetables; painting in oil, acrylic and watercolor, pen and ink and colored pencil; coloring books, sketching, observing animals, looking at pictures of forests and forest bathing; walking in malls and in nature; reading wisdom literature and learning on Coursera; new experiences around town and around the world; learning to embrace all humanity as brothers and sisters; quilting, photography, journaling; creative writing of daily vignettes; science fiction new worlds, new characters and new biologies; learning from quality fiction, researching biographies and history; writing alternative histories; creating a life review or a family memoir; creating mosaics, dioramas, models and new visions of yourself as a creator of beauty and useful objects. The final chapter allows you to pull it all together into an effective, action plan that will have a measurable impact on your health. Stress is strongly linked with cancer, diabetes, kidney failure and cardiovascular disease - the top four causes of premature death. It is also positively correlated with accidents, auto and otherwise. These 101 tools are a roadmap to stopping this killer cold.



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