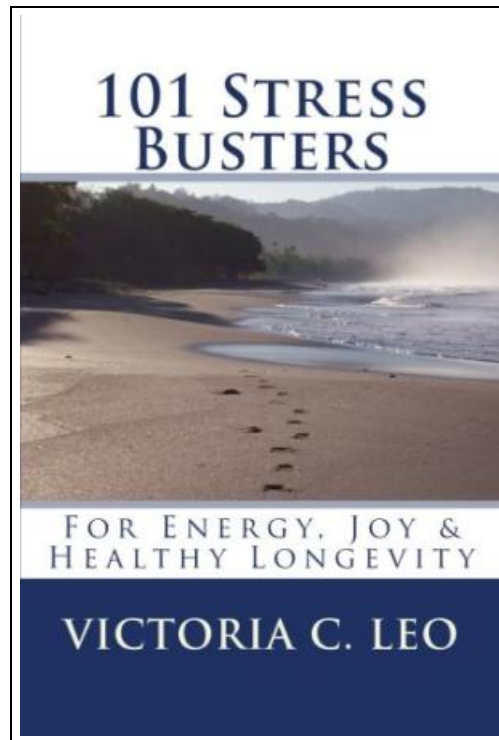


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(Dr. Bryon Gleichner)

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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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