

# HABITS

That Relieve Stress

*and*

# PROMOTE

Harmony in Your Life



# Habits That Will Relieve Stress And Promote Harmony In Life From Dreamosa

**Clara Wilson**



## **Habits That Will Relieve Stress And Promote Harmony In Life From Dreamosa:**

**12 Habits That Reduce Stress and Increase Joy in Your Life** Peaches Coleman-Lunsford, 2021-11-19 There is no such thing as stress free Stress can easily grow into a monster holding the joy in your life hostage You can target this monster by identifying the difference between self induced and inherent stress and the negative impact of stress on your life Then reduce stress and increase your joy by adopting these 12 Habits *The Silent Killer* Clara Wilson, 2020-06-03 Would you like to have some simple easy to learn and free techniques at your fingertips to relieve stress Read on Do you constantly feel as though you are running late Or 24 hours are not enough for one day Too much to do too much to accomplish too many places to go and be Does it feel like giving your attention to others negatively effects your own mental state Believe it or not answering yes to the above questions is incredibly common What lies at the core of these troubles is your heightened anxiety as a result of being too stressed out The silent killer otherwise known as stress impacts 8 out of 10 Americans 80% of people studied report that they regularly feel stressed out and don t know what to do about it If you don t start taking action right away your stress will be detrimental to your health and happiness Research proves that chronic stress causes major physical emotional and mental problems such as Depression Anxiety Heart attacks Strokes Sexual dysfunction And more Long term stress will not only threaten your own health and well being but it will also put your job and your relationship at risk However did you know that stress is actually a choice That there are simple daily practices and enhanced cognitive awareness that will set you free from stress and all its negative side effects A stress free life is not only for rich and famous people or hippies With the right tricks every Jill and Joe with a full time job several kids and high maintenance in laws can live a life without stress In *The Silent Killer* you ll discover Where the concept of stress comes from and why it was created in the first place Awe inspiring science behind the biology and evolutionary advantages of stress Why stress is a choice and what you can do to begin choosing differently How you can significantly reduce your stress levels in just 20 minutes a day Facts about the food you eat and why these things make you more stressed out Why the act of doing nothing is actually something you should be pursuing The 5 principles of emotional serenity The 1 daily habit that will save your life How you can remove yourself of the emotion of stress in a matter of seconds and so much more Stress might feel as though it s everywhere and unavoidable but rest assured it is not There is no stress monster eating you alive if you miss out on your chores or arrive 5 minutes late Stress starts in your head which means you can do something about it Our rushed lives the need to be perfect and our addiction to adrenaline lead to the fact that almost everyone you know claims to in someway be stressed about something this doesn t have to be you Imagine a life of relaxation and ease One where you get everything done you want to get done and accomplish this on your own timeline A life of zero stress and massive success This is the life that is waiting for you on the other side of stress and with today s science and understanding of the human brain it s never been easier to accomplish If you want a step by step guide to daily practices for a stress free life then scroll up and click the Add to Cart button right now

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