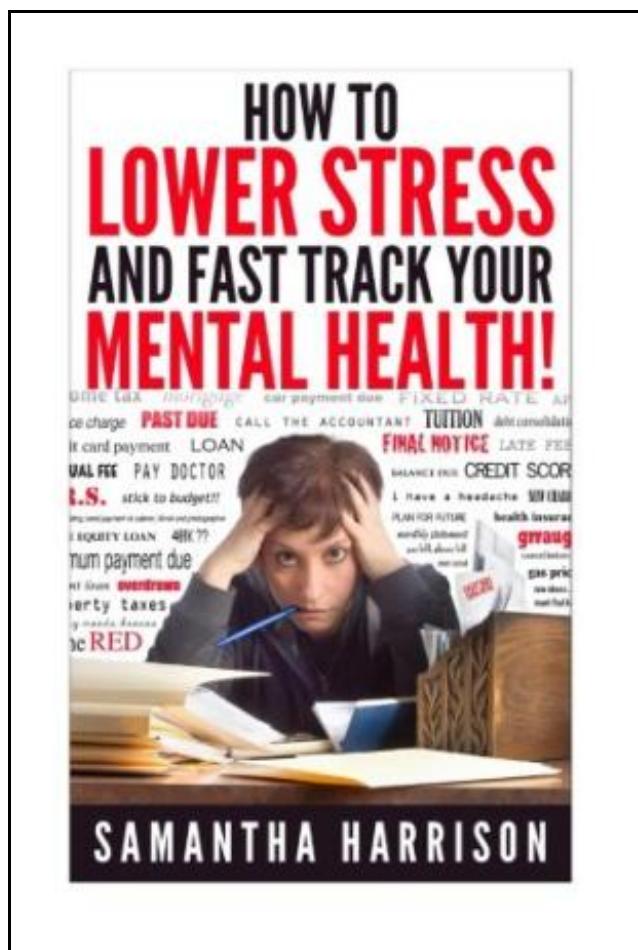


## How to Lower Stress: And Fast Track Your Mental Health



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In a Social Science class a teacher walks round the room. She s got a rubber in her hand. Nothing fancy just a plain cheap rubber. The students are curious as she explains that she wished to conduct an experiment. She asks each student to hold the rubber for 5 seconds and pass it around. When every student has held the rubber, she walked up and down the aisles as the students began to get anxious. How heavy do you think this rubber is? she asked each individual student. All of them came back with different measurements in lbs. All but except one. The young man said It depends how long you hold the rubber and what your positioning is miss Exactly, it depends how long you hold it for. It wasn t important how heavy the rubber was, she could along with many others hold it for hours. Yet change the position and stretch her arm out after a few minutes her arm would begin to ache. Stress has the exact same effect, it all depends on how it s carried and how long for. Little short episodes of stress are indeed good for you, it gets the adrenaline going in our bodies but prolonged periods of stress can have long lasting damaging effects. Letting stress spiral out of control can result in a meltdown. This can be avoided if you are armed with the knowledge on how to deal with stress. This book contains proven steps and strategies on how to manage stress in a way that it can either be prevented or reduced if not eliminated. At the outset, stress and its causes have to...

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