

STRESS LESS



Stress Less

D Keegan

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StressLess Matthew Johnstone,Michael Player,2019-06-06 If you're alive you experience stress It's just part of being human For early man stress helped us flee danger like a marauding mammoth a hungry sabre toothed tiger or an invading tribe It literally helped us fight or flight In modern society a little stress is useful it keeps us energised and motivated to get things done it helps us to turn up and be on time Yet too much stress is harmful and stress is sadly at an all time high Unfortunately it's almost impossible to avoid or substantially reduce stress in our lives The things that make us stressed are the same things that always have too much work not enough time financial woes family needs navigating difficult relationships these familiar scenarios aren't likely to change So if we can't change the things that cause us stress we must change the way we interact with it When we feel threatened or endangered in any way our body and mind react accordingly Unfortunately these days our brain sees many threats even if they're not actually a danger to us This stress is a major problem and is now considered to be a major precipitating factor in almost all major diseases Yet if we're prepared to learn from it stress can be a useful teacher Coping with moderate amounts of stress builds a sense of mastery and it promotes resilience for life down the road Stressed spelled backwards is Desserts With that in mind through this beautifully illustrated book from illustrator and speaker Matthew Johnstone and experienced clinician Michael Player the hope is to turn one of the most unpleasant of human experiences into a sweet one *A History of the Theory of Elasticity and of the Strength of Materials: pts. 1-2. Saint-Venant to Lord Kelvin* Isaac Todhunter,1893 The Testing of Materials of Construction William Cawthorne Unwin,1910 **House documents** ,1892 Orthophony, Or Vocal Culture William Russell,1882 The Encyclopædia Britannica ,1893 *The Encyclopaedia Britannica* ,1887 **Brands and Their Companies** ,2003 The Science of Elocution S. S. Hamill,1873 Engineering and Mining Journal ,1887 *All Matter Tends to Rotation, Or The Ultimate Source of All Motion* Leonidas Le Cenci Hamilton,1888 The Theory of Stresses in Girders and Similar Structures Bindon Blood Stoney,1886 **Van Nostrand's Eclectic Engineering Magazine** ,1879 Bulletin ,1923 The Metallurgy of Steel Henry Marion Howe,1890 *The Engineer* ,1886 Orthophony, Or, The Cultivation of the Voice in

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