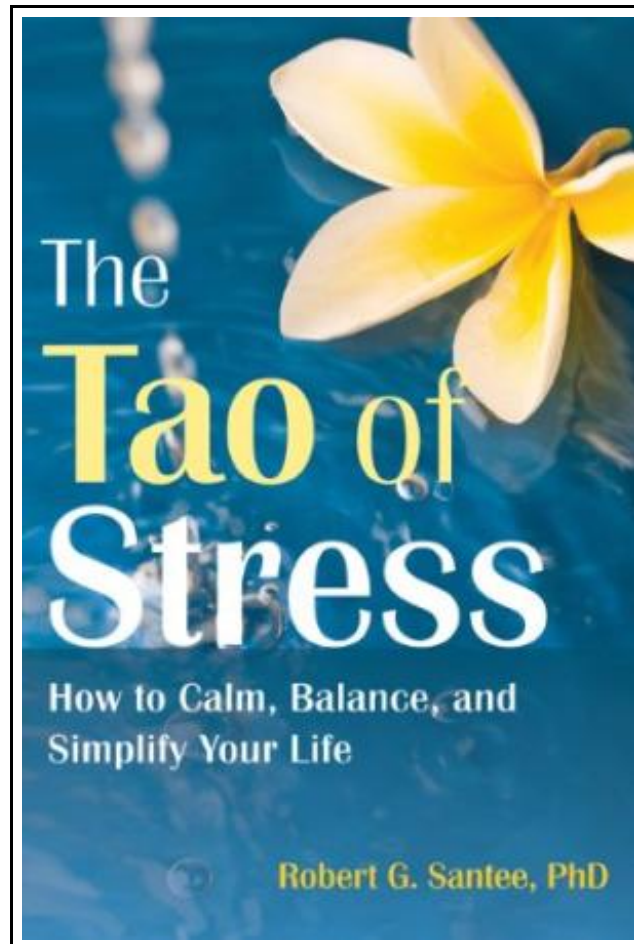


Tao of Stress: How to Calm, Balance, and Simplify Your Life



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(Dr. Porter Mitchell)

TAO OF STRESS: HOW TO CALM, BALANCE, AND SIMPLIFY YOUR LIFE



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Tao of Stress: How to Calm, Balance, and Simplify Your Life, Robert G. Santee, Imagine, for a moment, a branch in the wind. If it moves with the wind, it will sway gracefully and remain intact; but if it refuses to bend, it will break. Like that unbendable branch, many of us refuse to be in harmony with the changes around us, and it is out of this conflict that much of our stress is created. As with most emotions, stress is a natural part of life, but it must be carefully managed in order to keep a sense of balance. When we allow stress to take control, a number of psychological and physical health problems can follow. Anxiety, depression, headaches, high blood pressure, heart problems, and even diabetes can all be caused or exacerbated by stress. In order to live a healthy life, you need to make a change. In *The Tao of Stress*, an expert in Taoist psychology presents daily meditative skills and movement exercises that can help you simplify your life, fight fatigue, and calm a busy mind. After learning the basics of the Taoist approach to stress management, you will be able to put theory into practice through the various simple exercises and activities offered in this book. By creating your own stress management program, you will stay on the path (Tao) to good health, both in body and mind. Remember, even Zen masters aren't immune to stress. But they do know that in order to break the cycle of stress, you must be willing to give yourself up to the flow of life. This book will show you how.



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