



# Stress Relief for Life: Practical Solutions to Help You Relax and Live Better

*Mike Ronsisvalle Ph.D*

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Stress-related ailments cost companies over \$200 billion a year in increased absenteeism, tardiness, and the loss of talented workers. Over 90 percent of all visits to the family doctor are for reasons related to stress. Chronic stress is one of the major contributors to marital discord and spiritual disconnection. In short, stress dramatically affects our financial health, our physical health, our relationships, and our faith.

This book will help you de-stress now! Within its pages you will learn:

Why you are stressing out

The only way to truly relax

The connection between your thoughts and feelings of stress

How to make important lifestyle changes that will insulate you from stress in the future

How to start a stress-reducing exercise routine

How to build relationships that will help you de-stress

How to create a less hectic schedule

Most importantly, Stress Relief for Life will help you build a personalized system for managing stress that you can implement in any stressful situation, relationship, or environment.

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