



Eliminating Stress, Finding Inner Peace (Paperback)

By Brian Weiss

Hay House UK Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 166 x 146 mm. Language: English . Brand New Book. Eliminating Stress, Finding Inner Peace is an important step on the healing journey. Stress kills - there s no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you, causing pain, disability and even death. Basically, stress prevents you from experiencing life s many pleasures. Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques. This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease. To heal yourself in this manner is an act of self-love,...



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