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# How to Stop Worrying and Start Living: What Other People Think of Me Is None of My Business

*Simeon Lindstrom*

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Stress is a lot like love - hard to define, but you know it when you feel it.

This book will explore the nature of stress and how it infiltrates every level of your life, including the physical, emotional, cognitive, relational, and even spiritual. You'll find ways to nurture resilience, rationality, and relaxation in your everyday life, and learn how to loosen the grip of worry and anxiety. Through techniques that get to the heart of your unique stress response, and an exploration of how stress can affect your relationships, you'll discover how to control stress instead of letting it control you. This book shows you how.

But this book is not just another anti-stress book. Here, we will not be concerned with only reducing the symptoms of stress. Rather, we'll try to understand exactly what stress is and the role it plays in our lives. We'll attempt to dig deep to really understand the real sources of our anxiety and how to take ownership of them. Using the power of habit and several techniques for smoothing out the stressful wrinkles in our day-to-day lives, we'll move toward a real-world solution to living with less stress, more confidence, and a deep spiritual resilience that will insulate you from the inevitable pressures of life.

By adopting a trusting, open, and relaxed attitude, we'll bring something more of ourselves to relationships of all kinds. This book will take a look at dating and relationships without stress and worry, as well as ways to bring tranquility and balance into your home and family life. Again, this book is not about eradicating stress from your life forever. We'll end with a consideration of the positive side of negative thinking, and how we can use stress and worry to our advantage.

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