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## Less Stressed More Blessed: Experience the Positive Changes in Your Life Through Relaxation and Stress Reduction (Paperback)

By Alice Richards

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you know that stress can reduce your lifespan by several years? It deteriorates health by releasing harmful hormones in the body that consume the muscles, slow down metabolism, raise blood sugar and blood pressure, decrease energy production, render digestion less efficient, weaken the immune system, weaken the heart, and impair the brain. Recently, stress has also been linked to non-age related macular degeneration. In other words, stress causes you to be less efficient and functional. Contrary to what many people believe, stress is not just in the mind but is also a physical phenomenon that manifests through tangible signs and symptoms. These signs and symptoms not only affect quality of life but can also change your life forever. Relationships get broken, careers lost, emotional stability lost - stress definitely alters the way you perceive happiness and feel comfort, so unless you do something about it, your life might not be as fulfilling as you want it to be. Balancing stress and relaxation is very important for achieving well-being. Yet, why should you balance stress out instead of...



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