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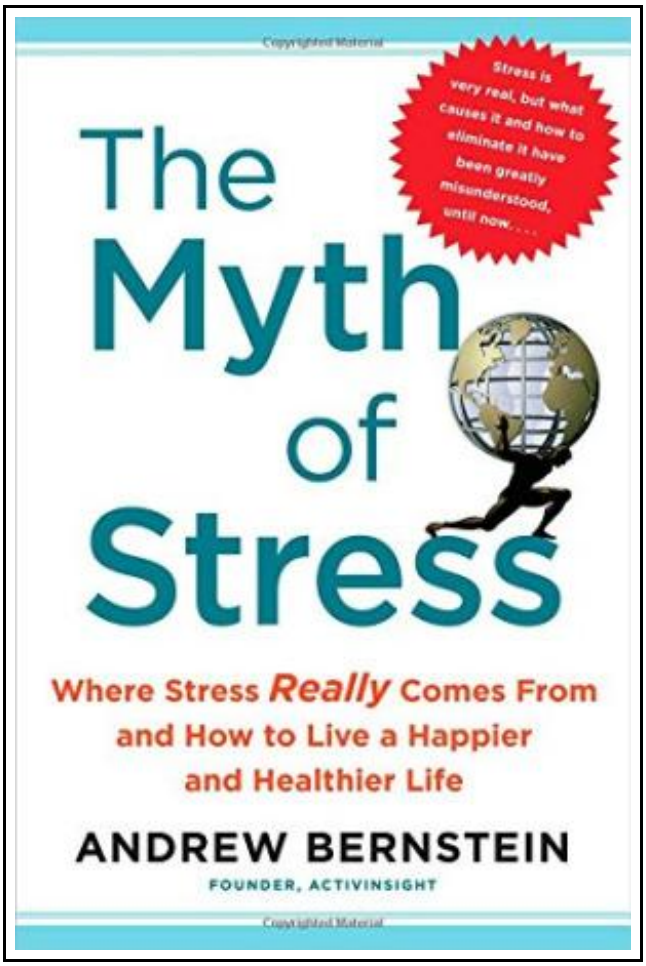

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Reviews

The best book i actually go through. It can be full of wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Prof. Greg Herzog)

THE MYTH OF STRESS: WHERE STRESS REALLY COMES FROM AND HOW TO LIVE A HAPPIER AND HEALTHIER LIFE (HARDBACK)

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SIMON SCHUSTER, United States, 2010. Hardback. Book Condition: New. 239 x 175 mm. Language: English . Brand New Book. Where does stress come from? Financial pressures? Looming deadlines? Conflicts at work or at home? For more than half a century, we ve been told that stress comes from circumstances like these, that it s a by-product of our ancestors fight-or-flight response to danger, and that the best we can do, given the fast pace of life today, is to breathe, try to relax, and accept that life is hard. All of this, according to Andrew Bernstein, is wrong. Spurred by the death of several family members when he was young, Bernstein began a quest to understand the real dynamics of stress and resilience. He eventually realized that stress doesn t come from your circumstances--it comes from your thoughts about your circumstances. More specifically, stress is created by a particular kind of thought that humans happen to excel at. Seeing this, Bernstein realized that the antidote to stress--and the key to far greater resilience--is not exercise or physical relaxation, but finding these stress-producing thoughts and finally dismantling them. He created a process called ActivInsight that helps you--and the people you care about--do this on your own in just seven steps, often yielding life-changing breakthroughs in a matter of minutes. Bernstein has been teaching ActivInsight to great acclaim in schools, not-for-profits, and Fortune 500 companies since 2004. Now he shares this technique for the first time with a wider audience. In The Myth of Stress, you will experience the surprising power of this new approach for yourself as you apply ActivInsight to a wide variety of today s most common challenges, including: weight loss - money - success interpersonal conflict - addiction - traffic - divorce - heartbreak - discrimination - anger...

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