



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

Mike Ronsisvalle

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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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