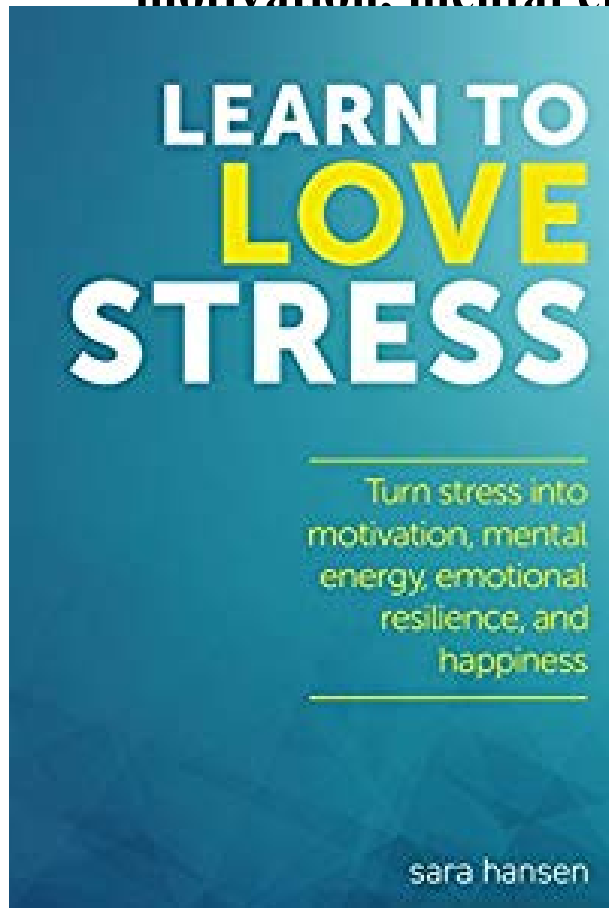


Learn to Love Stress: Stress and chronic pain relief (Decrease chronic pain and turn stress and anxiety into motivation, mental energy, emotional resilience, and happiness)

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[Learn to Love Stress: Stress and chronic pain relief \(Decrease chronic pain and turn stress and anxiety into motivation, mental energy, emotional resilience, and happiness\).pdf](#)

[Learn to Love Stress: Stress and chronic pain relief \(Decrease chronic pain and turn stress and anxiety into motivation, mental energy, emotional resilience, and happiness\).epub](#)

Are things getting on top of you? Suffering from chronic pain? Too busy, anxious, and stressed to have time for hobbies, family, or even for yourself? Has your own happiness fallen by the wayside? As Sara Hansen demonstrates in *Learn to Love Stress*, there are practical, and easy-to-follow stress relief techniques to get your life back in balance and be in control. This succinct guide, backed up by recent scientific research, takes you through the steps necessary to understand the reality of stress, how you can change its effect on you, and how to gain power over the stressors in your everyday life, in order to help you achieve greater motivation, energy, emotional resilience, and happiness. Learn how author Sara Hansen used the stress relief techniques in this book to overcome stress and anxiety brought about by a chronic pain condition.

Discover how you too can overcome stress and anxiety, change your life for the better through stress management techniques such as mindfulness meditation, and establish many other practical and easy-to-implement strategies. You will discover how to: Understand stress and its effect on you; Change your

mindset towards stress; Develop habits and rituals to manage stress progressively; See true meaning and depth of value in your life; Turn stress into a motivator, source of energy, and happiness. Learn to Love Stress also provides links to recent scientific research on mindsets, emotional resilience, happiness, and healthy habit formation; plus FREE printable worksheets and a companion website with further information on stress management. So what are you waiting for? Scroll up and click "Buy Now"! Start taking control of your life and move from barely surviving to really thriving!