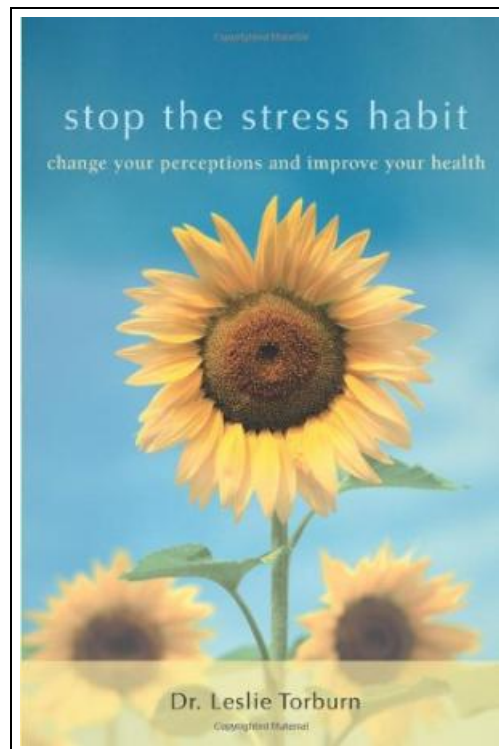


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iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With the guidance provided in Stop the Stress Habit, learn to change how you respond to events in your life and reduce the amount of stress you experience on a daily basis. Through her observations of patients behavior, physical therapist, Leslie Torburn, DPT, has witnessed the many ways chronic stress can impact health. She provides innovative concepts and practice exercises that will teach you how to shift the habitual thought processes or constant mind chatter in order to reduce stress and lead a healthier life. Dr. Torburn also includes several real-life stories that help illustrate specific instances of how stress impacts a person s life and how that person reacted to the stress. Through the provided exercises, you will specifically learn how to: Change the way you view the world Live in the here and now Balance the demands of daily living Visualize future opportunities Stop imagining the worst-case scenario Stress is not an uncontrollable emotion that overtakes you without your participation, so take a deep breath and consider the possibilities of living in a new and happier way!.

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