



The Myth of Stress: Where Stress Really Comes from and How to Live a Happier and Healthier Life (Hardback)

By Andrew Bernstein

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...



READ ONLINE
[9.28 MB]

Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Kimberly Carroll**

Simply no words to spell out. It can be really fascinating through studying period of time. You will not really feel monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Dr. Isabella Turner**