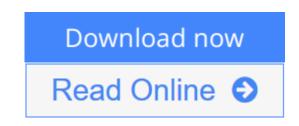


Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life

By Debbie Mandel



Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life By Debbie Mandel

A woman's down-to-earth guide for releasing stress and reclaiming her free-spirit

Stress management expert and radio personality Debbie Mandel presents her highly original program for stress reduction. She explains that women who are constantly stressed out have forgotten the dreams of the free-spirited girl living inside them before they became somebody's wife, mother, or workplace colleague. This book, the inspiring and humorous story of successful recovery from stress addiction, outlines her seven steps that have proven to help women overcome daily stressors and reclaim a life of joy and spontaneity.

- Explores the habit forming pressure principle of stress addiction and how to cure it
- Provides step-by-step program for self-empowerment, self-care, healthy narcissism, and renewing humor in a woman's relationships
- Explains the powerful, researched based relationship between food, exercise, and mood
- Contains indispensable strategies for accepting constructive conflicts with a spouse, partner, friend or colleague to get what she wants
- Teaches specific techniques for reducing and eliminating stress reduction

Addicted to Stress shows how as the addiction to stress is cured, women find it possible to build up an immunity to outside pressure and become their true core self.

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Editorial Review

From the Inside Flap

Addicted to Stress

In this highly original program for stress reduction, stress management expert and radio personality Debbie Mandel explains that women who are constantly stressed out have forgotten the dreams of the free-spirited girl living inside them before they became somebody's wife, mother, or workplace colleague.

Debbie Mandel offers seven proven steps to help women overcome daily stressors and reclaim a life of joy and spontaneity. Addicted to Stress shows how as the addiction to stress is cured, women find it possible to build up an immunity to outside pressure and become their true core self. Here are the steps that have been proven to work:

- Be Aware of Your Own Stress Addiction
- Reclaim Your Identity
- Learn to Become a Healthy Narcissist
- Build a Healthy Body
- Cultivate Your Sense of Fun and Humor
- JumpStart Your Libido
- Reframe Your Thoughts

Addicted to Stress teaches self-empowerment, exercise and self-care, healthy narcissism, renewing sensuality, and the role of humor in?a woman's?relationships. Debbie Mandel explains the powerful, research-based relationship between food and mood, offers indispensable strategies for accepting constructive conflicts, and shows how to jumpstart sexual intimacy.

From the Back Cover

Praise for Addicted to Stress

"This book offers remedies for all of us 'stress junkies,' to help us enrich our lives for now and the future." —Dr. John Ratey, M.D. associate clinical professor of psychiatry, Harvard University

"This book needs to be read by every woman. It's never too late to be born again." —Bernie Siegel, M.D. author, Love, Magic & Mudpies and 365 Prescriptions for Living

"An easy-to-follow, entertaining program for reducing the toxic impact of stress for today's women, and reclaiming their health and wholeness as they seek to live more happily in these hectic times." —Jeffrey Brantley, M.D. director, Mindfulness-Based Stress Reduction Program, Duke University Integrative Medicine

"Everyone can benefit from the practical wisdom in this book, which will relieve stress addiction with no worry of withdrawal. We are 'hooked' on the encouraging ideas and guidance in Ms. Mandel's inspiring book." —Dr. Steven Gurgevich and Joy Gurgevich authors, The Self-Hypnosis Diet

"If you long for more love, happiness, peace of mind, and authenticity; if you want your life to be an expression of the yearnings of your heart; and if you want to feel that you are truly enjoying your time on earth—rather than just struggling to get by—then you must read this superb book! It will remind you about what is truly important. And it will help you transform your life into what you truly want it to be!" —John E. Welshons author, When Prayers Aren't Answered and Awakening from Grief

About the Author

Debbie Mandel is the radio talk show host of a popular weekly health and fitness radio show on WGBB 1240 AM in Long Island, New York, which is broadcast live and on the Internet. She is the publisher of the highly regarded wellness Web site www.addictedtostress.com and conducts stress-management and relationship workshops for couples, women's groups, and others.

Users Review

From reader reviews:

John White:

Hey guys, do you desires to finds a new book to read? May be the book with the subject Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life suitable to you? Often the book was written by well-known writer in this era. The book untitled Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Lifeis the main one of several books this everyone read now. This book was inspired lots of people in the world. When you read this book you will enter the new dimensions that you ever know before. The author explained their thought in the simple way, and so all of people can easily to know the core of this guide. This book will give you a lots of information about this world now. So that you can see the represented of the world with this book.

Rachel Louviere:

The reason? Because this Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will surprise you with the secret the item inside. Reading this book next to it was fantastic author who also write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you for not hesitating having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your expertise and your critical thinking way. So , still want to hold off having that book? If I have been you I will go to the book store hurriedly.

Justin Belz:

This Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life is great publication for you because the content which is full of information for you who else always deal with world and still have to make decision every minute. This book reveal it facts accurately using great organize word or we can point out no rambling sentences inside it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with lovely delivering sentences. Having Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life in your hand like keeping the world in your arm, info in it is not ridiculous 1. We can say that no publication that offer you world within ten or fifteen moment right but this e-book already do that. So , this is certainly good reading book. Heya Mr. and Mrs. hectic do you still doubt in which?

Richard Starkes:

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