



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

By Debbie Mandel

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

- Rank: #1372606 in Books
- Brand: Debbie Mandel
- Published on: 2010-01-26
- Released on: 2010-01-04
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .72" w x 6.00" l, .65 pounds
- Binding: Paperback
- 256 pages

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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 desire to find a new book to read? Maybe 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 titled *Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life* is the main one of several books that everyone reads now. This book was inspired by lots of people in the world. When you read this book you will enter the new dimensions that you never knew before. The author explained their thoughts in a simple way, and so all of us can easily know the core of this guide. This book will give you a lot of information about this world now. So that you can see the representation 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 extraordinary book that has the inside of the e-book waiting for you to snap that but later it will surprise you with the secret item inside. Reading this book next to it was a fantastic author who also wrote the book in such a remarkable way that makes the content on the inside easier to understand, an entertaining technique but still conveys the meaning totally. So, it is good for you not to hesitate having this any longer or you going to regret it. This amazing book will give you a lot of positive aspects that other books 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 a great publication for you because the content is full of information for you who always deals with the world and still has to make a decision every minute. This book reveals its facts accurately using great organized words or we can point out no rambling sentences inside it. So if you 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

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Richard Starkes:

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