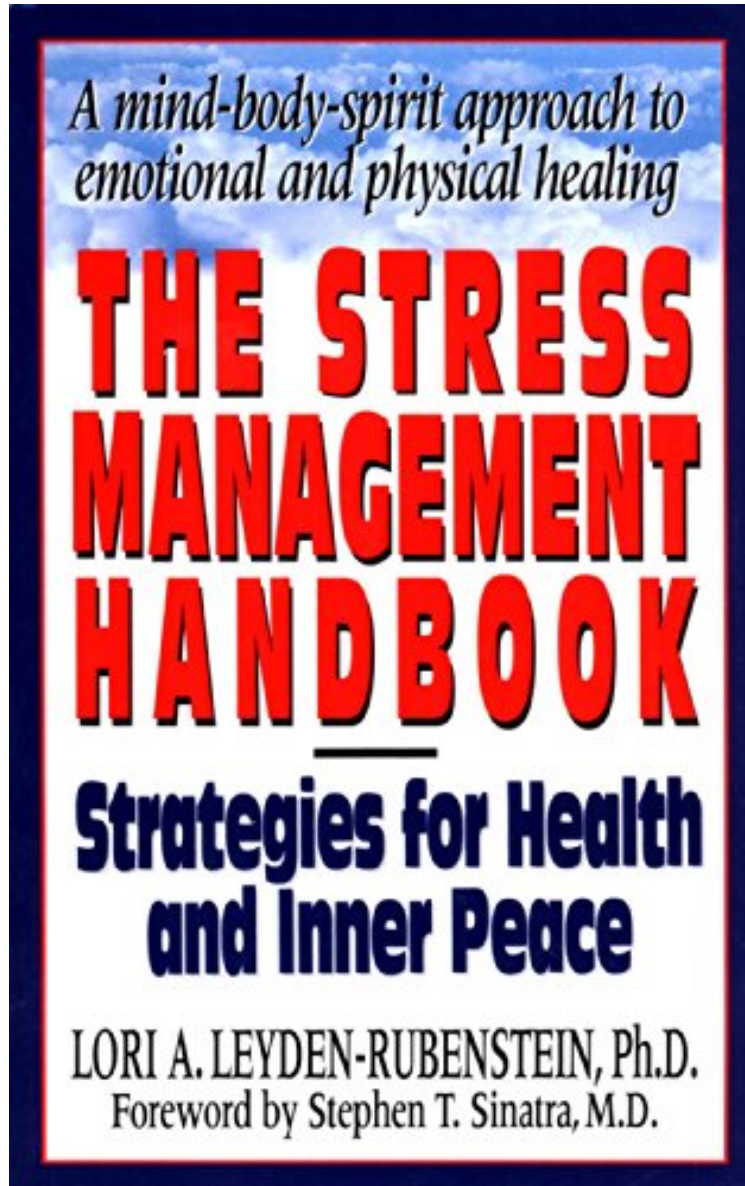


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## The Stress Management Handbook

*Lori Leyden-Rubenstein*

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**Lori Leyden-Rubenstein : The Stress Management Handbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Stress Management Handbook:

7 of 7 people found the following review helpful. Awesome way to learn to deal with stress!By Carol AnnReading this book and learning how to deal with stress for the first time in my 60 years has a made a new person of me. I bought 4 books on stress when I realized that my years of on and off depression were all connected to stress related situations. THIS BOOK HAS changed my life. Friends, family, co-workers, Doctors and therapists cannot believe I am the same

person. If you are committed to learning to deal with stress and healing your spirit, mind and body all in a few EASY steps, then this book is a must for you. A totally easy read; while filling you with a hope that is completely fulfilled when you follow this wonderful Lady's well laid out plans. I have purchased three copies since then for friends who wanted to know "What book turned your life around like this?". Thank you Lori A. Leyden-Rubenstein for sharing your experiences and knowledge with us. Years of therapy and expensive medications only put a dent in my bank account. You put a smile on my face, a song in my heart and led me to healthier mind and body for under \$15.00. ~God Bless~ Carol Ann 0 of 0 people found the following review helpful. I loved this book By Mary Davis I loved this book! It helped me manage my own stress and in my work in the social services field. I'm so glad that I bought it as I will use it as a resource in the future. Dr. Leyden-Rubenstein breaks the book manageable chunks, and I found it all so helpful and interesting that I read the entire book cover to cover. It truly has changed my life for the better. 0 of 0 people found the following review helpful. Great Book By Free Shipping - Value Rays Always looking for books with a purpose to use in training sessions or to learn something new. This is one of those books. Enjoyed it, but had to return it because our business needs changed and it was no longer needed for the purpose we intended when bought.

An innovative guide provides an alternative approach to relieving the body of stress by focusing on the mind, body, and spirit, and includes such methods as breath work, yoga, meditation, visualization, imagery, and more.

About the Author McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide Excerpt. copy; Reprinted by permission. All rights reserved. Who Should Read This Book: Anyone who wants to experience better health and more inner peace. Individuals experiencing emotional challenges related to job, money, relationships, life changes, addictions, physical/emotional/ sexual trauma, low self-esteem, guilt, anxiety, depression. Individuals experiencing physical challenges related to asthma, anxiety/panic attacks, back pain, chronic fatigue, fibromyalgia, gastrointestinal disorders, headaches, high blood pressure, high blood cholesterol, infertility, insomnia, skin problems, TMJ, heart disease, cancer, AIDs. Health Care and Mental Health Care Professionals who value sound new approaches, concrete treatment strategies and significant reference material related to the mind-body-spirit connection. Why is it so important to manage stress? Because it's killing us. Consider that between 80-90% of all illnesses are stress-related and over 100 million Americans suffer from stress-related illnesses. More importantly, stress is linked to the six leading causes of death: heart disease, cancer, lung disease, accidents, cirrhosis of liver, and suicide. Why read another self-help book? If you're at the point where you can honestly say you're not doing anything to cope with your stress in a healthy way, or if your current strategies just aren't working well enough for you to see positive results, this book may provide you with the information and incentive you need to manage your stress and find a sense of inner peace. If you're on psychiatric medication for stress and/or anxiety, if it's been suggested to you as a treatment strategy and you are reluctant to take drugs, if you are unaware of the dangers and side effects of these medications, then you owe it to yourself to ask questions and explore other options. Ask your physician, psychiatrist or counselor what he or she knows about the mind-body connection as it relates to stress. Ask him or her what they know or can teach you about non-drug, mind-body strategies to alleviate stress. If you aren't satisfied with the response, read this book. I've read a lot of self-help and psychology books over the years. I've spent over 20 years studying psychotherapy. I've participated in many kinds of psychotherapy and personal and spiritual growth workshops. But it wasn't until I committed myself to putting that knowledge into action and practicing the techniques I learned and developed, that I actually saw positive changes take affect. My hope is that by reading this book you will feel motivated and empowered to make positive changes in your life and learn to participate in your own physical and emotional healing starting now. More important, I hope that this book can be your personal road map to finding the sense of inner peace that I am so grateful to have in my life.