

Thinking about stress differently

- People who experienced a lot of stress in the previous year had a 43% increased risk of dying. But only true for the people who believed that stress is harmful for health.
- People who experienced a lot of stress but did not view it as harmful were no more likely to die. In fact, they had the lowest risk of dying of anyone in the study, including people who had relatively little stress.
- When you change your mind about stress, you can change your body's response to stress

Kelly McGonigal (TED talk, 2013)

[TED Talk](#)

Macgonigals Way

PT Brinkman



Macgonigals Way:

Delve into the emotional tapestry woven by Crafted by in Dive into the Emotion of **Macgonigals Way** . This ebook, available for download in a PDF format (*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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