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deteriorates health by releasing harmful hormones in the body that consume the muscles slow down metabolism raise blood sugar and blood pressure decrease energy production render digestion less efficient weaken the immune system weaken the heart and impair the brain Recently stress has also been linked to non age related macular degeneration In other words stress causes you to be less efficient and functional Contrary to what many people believe stress is not just in the mind but is also a physical phenomenon that manifests through tangible signs and symptoms These signs and symptoms not only affect quality of life but can also change your life forever Relationships get broken careers lost emotional stability lost stress definitely alters the way you perceive happiness and feel comfort so unless you do something about it your life might not be as fulfilling as you want it to be Balancing stress and relaxation is very important for achieving well being Yet why should you balance stress out instead of getting rid of it As the title of the book implies *Less Stressed* the goal here is to lower stress while increasing relaxation because completely eliminating stress is quite impossible It is everywhere and whether you like it or not it will always be a part of life It can be your neighbor the economy the traffic or even the weather Before you are introduced to easy to follow yet effective relaxation techniques this book first deals with your biggest enemy your mind Stress is a ghost that hides inside your subconscious mind so it is important to clear your headfirst and understand what stress is really all about

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