



# Stress is Optional!: How to Kick the Habit - A Practical Guide to Living Free & Clear

*Adam Timm*

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## **Stress is Optional!: How to Kick the Habit - A Practical Guide to Living Free & Clear** Adam Timm

Chronic stress is killing you. Literally. As you worry about traffic, demands at work, finances, what to eat, how to dress, keeping up with the Joneses, the body continually releases small doses of stress hormones into the bloodstream. Over time, these hormones, which are toxic when the body is subjected to them over long periods of time, cause the body to break down. High blood pressure, acid indigestion, forgetfulness, a short temper, insomnia, fatigue, frustration, and a general feeling of discontent are just some of the symptoms of a body overdosing on stress hormones. But it doesn't have to be this way. We can change the way we relate to the things that stress us out. We can rewire our habitual patterns of thinking and choose a life of less stress. We can realize the truth that Stress is Optional. In this life-changing book, meditation coach and stress relief specialist Adam Timm provides easy and accessible exercises to see through your stress, giving you powerful techniques and tools for:

- Awareness: Find out what chronic stress is and how it impacts the body.
- Understanding: How is chronic stress affecting your life?
- Action: Take action to change your relationship with daily stressors so that they no longer push you around.

If you're sick of feeling out of control and out of time, this book will give you your life back. Features "See Through Your Stress" activities at the end of each chapter, a Practice Guide that gives you everything you need to kick your stress habit, along with inspiring quotes, powerful stories, the latest research on the toll that chronic stress takes on the body. "This book saved my life." - Dana Lin, Author and former "Type A" personality Adam Timm's life was a prison. A 911 operator for 7 years, he suffered stress at work, stress at home, toxic relationships, tension headaches, indigestion, frequent road rage battles and general feelings of misery. Ah, the life of the chronically stressed! In just 6 months, using the tools and techniques contained in this book, Adam went from stressed-out and miserable to living a life of purpose. And he didn't have to quit his job, didn't move out of the Adam Timm country, didn't get a new car, new clothes or even a new hair-do. In these pages, Adam shows you how to see beyond the claustrophobia of chronic stress and take your life back. IF

- you feel like there's no time for anything anymore
- tension and anxiety overwhelm you
- your day spins you out of control
- stress leaves you hopeless and frustrated
- you can't enjoy your days off AND YOU NEED A WAY OUT, NOW!!

This book is for you.

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