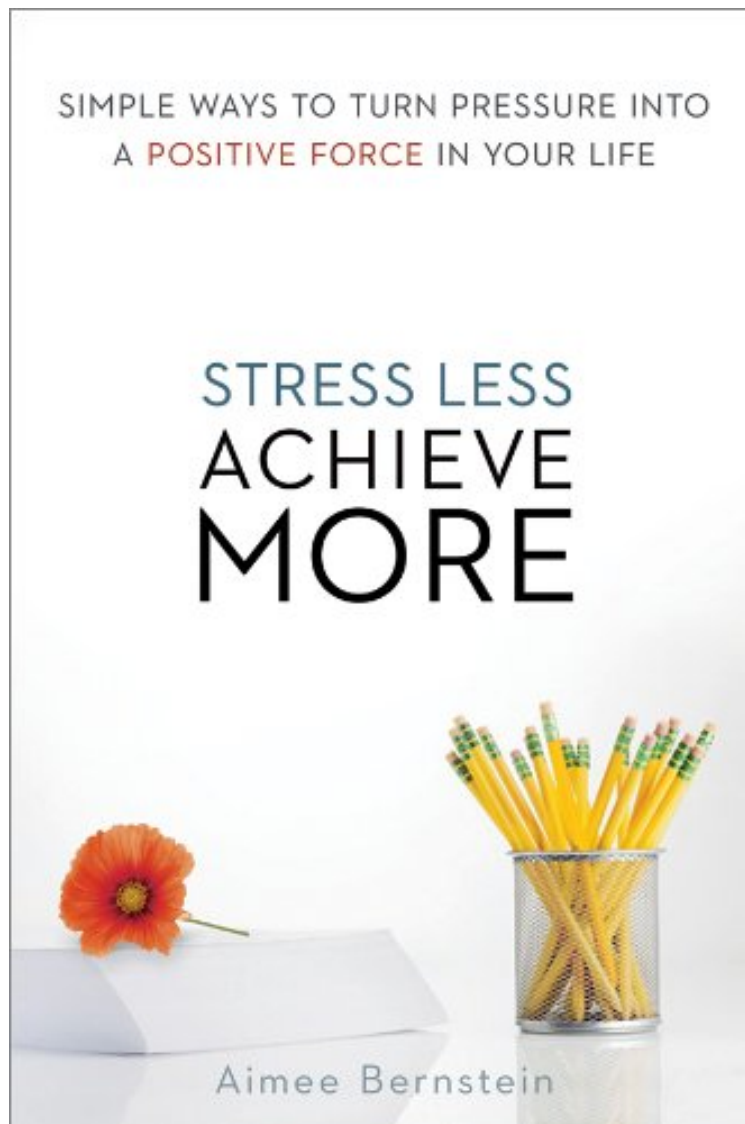


(Download free pdf) Stress Less. Achieve More.: Simple Ways to Turn Pressure into a Positive Force in Your Life

Stress Less. Achieve More.: Simple Ways to Turn Pressure into a Positive Force in Your Life

Aimee Bernstein

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Aimee Bernstein : Stress Less. Achieve More.: Simple Ways to Turn Pressure into a Positive Force in Your Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stress Less. Achieve More.: Simple Ways to Turn Pressure into a Positive Force in Your Life:

0 of 0 people found the following review helpful. Wonderful book for anyone with a spiritual practice (not only those wanting to relieve stress)By Carole WalshThis is a wonderful book, full of practical advice and exercises to help one

center, increase energy and reduce stress. Although it is directed at business people, I think anyone can benefit from using these meditations and exercises. As a Zen meditator who really doesn't experience that much stress, I found the advice in this book quite helpful, and I've incorporated some of the exercises into my daily practice. Here's just one simple example from the book: "To change your mood and stress level, you first need to realize that you are no longer centered. This means that you need to stop and sense/feel inside you. Since you might forget to do this, here are a few suggestions you can use at work: • Set your phone, clock or timer to go off every sixty or ninety minutes. Stand up and sense/feel how you are. • Create rituals in which a pause is built in so you can take time to assess your inner state. For example, every time you put the phone down or turn the computer on, pause before getting involved in the next task. Or, instead of rushing off to the next meeting, take a moment before you leave your office or cubicle to pause. Are you centered? • Notice when someone or something grabs your attention. Initially, you may not be aware of it, but that person or object may be providing you with a clue to center/ground....etc... There are many other helpful exercises, inspiring stories, quotations and advice. I would recommend this book to anyone who wants to relieve stress in their life, deepen their meditation experience, or especially to learn to be aware, centered and grounded in their day to day life.

0 of 0 people found the following review helpful. Great, practical information and techniques I wish I had when in my 20's!

By E. Steiner Aimee's book is good and practical information to help reduce stress no matter what type. It is not only a book for career individuals trying to balance work and life, it is for all ages - young and old - anyone who has any stress..it is for everyone! I wish I had this book 40 years ago when in my 20's, it would certainly have helped me throughout my career and life raising a family. It is the type of information that you learn, need to be reminded of and to practice in many situations...it needs to become second nature as it is to Aimee. As a former Learning, Professional Organizational Development Trainer and Coach in a large organization, I can tell you the mindfulness information is key in helping you, others and teams. Aimee and I had the opportunity to work together on my development and helping several employees and teams gain confidence and build their professional careers. Reading the book, following the tips and exercises will help you understand how to use your energy to be centered, go beyond your limitations, understand where your attention is - where it should be, handling stress under pressure and extending your energy for high performance and creativity. The sooner you read the book, practice the simple techniques, practice again, use them in different situations, remind yourself when to use them...it will become second nature and you will Stress Less and Achieve More!

0 of 0 people found the following review helpful. Great book and excellent writing!

By stephen samuels This book is a masterful presentation of many tried and true principles. The methods described in it can work wonders in one's life. If a person [and/or] a business organization puts them into practice they will transform what seems to be an enemy into a friend and ally. Furthermore, Aimee has presented this information in a manner which is like a mandala or matrix. What I mean by that is as you read through it you will surely find some part that hits home for you specifically, and once you find that, it will lead you to other parts and pieces that will expand and open a view of the world as energy. Following this opening can actually lead you into a whole new world that includes a happier way of being and working. I have personally known and worked with Aimee for many years. Because of that I can greatly appreciate the work she has done in this book. She has taken some very subtle and esoteric concepts which are normally only found in places like an Aikido Dojo and translated them into a language and format that is especially accessible to people in the workplace. Excellent work Aimee!

With greater workplace demands comes greater stress—and it's taking a toll on our productivity and well-being. The standard recommendations are to exercise, meditate, eat better. But who has time for yoga poses amid nonstop meetings and pressing deadlines? Stress reduction becomes one more thing to do! Executive coach and psychotherapist Aimee Bernstein offers a more effective and realistic approach: embrace the pressure. See it as an energy source. Tap into its flow to accomplish more while feeling calm and centered. It's a counterintuitive message that frenzied professionals can actually use. *Stress Less. Achieve More.* delivers relief for the overwhelmed. Part training manual, part spiritual guide, the book uncovers a total mental/physical/emotional formula to: Stop reacting defensively • Retrain natural responses to stress triggers • Resolve conflicts harmoniously • Energize fatigued teammates • Relax in difficult situations

In today's overbooked world, pressure is almost impossible to avoid. But with the tips, techniques, and exercises in *Stress Less. Achieve More.*, you can turn it into your ally—and thrive under even the most demanding circumstances.

Anyone adept in yoga, aikido, and, indeed, in any of the awareness disciplines will find her narrative reassuring and reinforcing. -- Booklist

From the Back Cover Pressure. You're surrounded by it. From bosses, colleagues, and customers; from family and friends; from the daily demands of work, home, and life; and don't forget the pressure you put on yourself. A reality of everyday life, pressure can't realistically be eliminated altogether. But the good news is that you can succeed under all kinds of pressure—if you develop the skills and mindset to handle it better, and even to turn it into an ally. *Stress Less. Achieve More.* is your guide to higher performance in every facet of your work and life. This book will fundamentally change the way you perceive and react to stressful circumstances, from sudden events to ongoing situations. You'll learn about your own physical,

mental, emotional, and spiritual responses to stress and how to develop a new, more constructive relationship with pressure. Author Aimee Bernstein reveals how to: **Stop reacting defensively** and take back your power; **Deal with demanding bosses and co-workers without getting down**; **Control your temper and stay calm**, even if you're surrounded by triggers; **Create reasonable boundaries** that give you more control of your time and energy; **Resolve conflicts** among others, and help your team de-stress. **Stress Less. Achieve More.** equips you with timeless mind-body practices to keep you grounded and centered, and to increase your energy to accept opportunities, embrace the challenges that come with them, and do outstanding things! Aimee Bernstein is President of Open Mind Adventures, a Southeast Florida-based coaching, consulting, and training company whose clients have included Dolce Gabbana, The Ritz-Carlton Hotel Company, and The Port of Singapore Authority. She is also a licensed psychotherapist with 35 years of experience helping clients integrate the mind, body, and spirit toward more empowerment, success, and fulfillment in both business and everyday life. Visit her at: stresslessachievemore.com

About the Author **AIMEE BERNSTEIN**, president of Open Mind Adventures, is a change accelerator and coach focused on leadership and personal development. Her clients have included executives from Dolce Gabanna, The Ritz Carlton, Microsoft, NASA, Intel, and others.