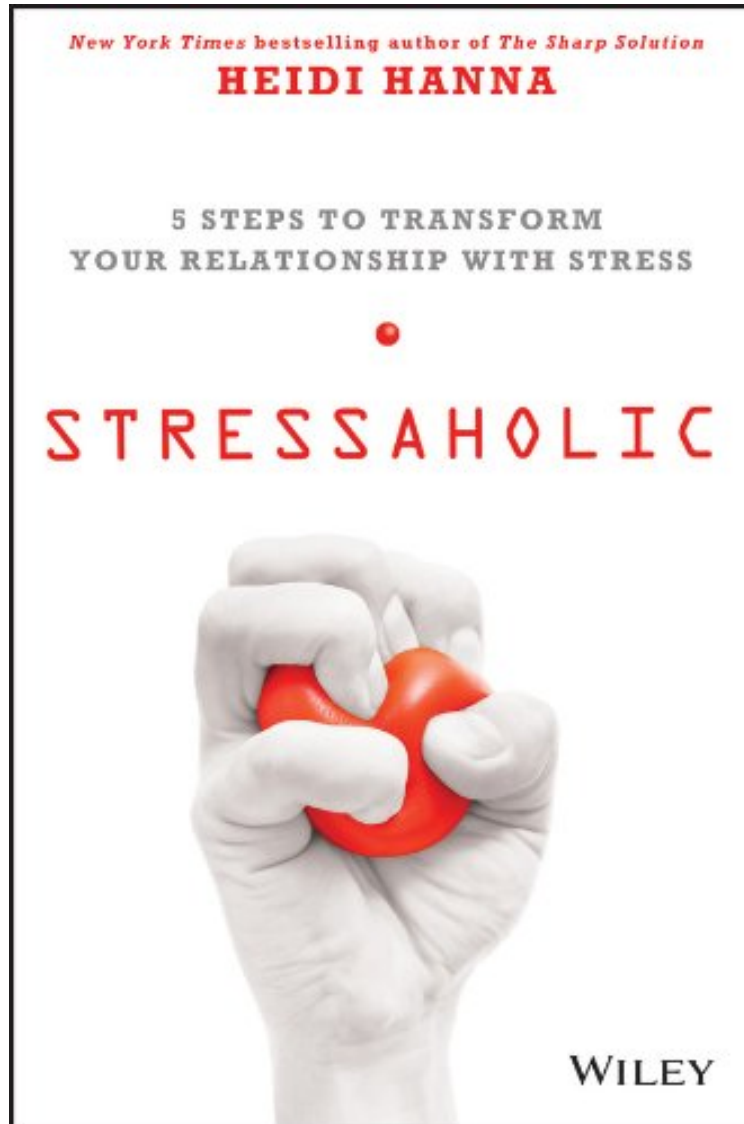


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Stressaholic: 5 Steps to Transform Your Relationship with Stress

Heidi Hanna

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A guidebook for the journey from exhaustion to enlightenment Chronic multitasking and ever-increasing demands on our time and energy have caused a neurochemically-based dependence on sources of stress and stimulation to provide fuel for our chaotic lifestyles. While this may boost performance in the short-term, studies have consistently shown that when stress hormones are elevated over time they create the worst form of internal wear and tear; decreasing productivity, wasting time, and even killing brain cells. As a result, modern society is tired and wired, suffering from physical exhaustion while mentally amped up, and unable to get adequate rest. Stress in and of itself is not bad, and is actually utilized for growth when balanced with adequate recovery. The solution to stress addiction is to build in and prioritize optimal rest and relaxation on a holistic level—body, mind, and spirit—in order to consistently recharge and create a more resilient operating system. Stressaholic shows you how to win the war on stress without limiting progress by creating an optimal performance pulse of stress and recovery for life. Explains the impact of chronic stress on the human operating system; body, mind, and spirit Shows how a simple shift in mindset can dramatically alter physiological responses to stress Reveals simple techniques for altering daily stress patterns to improve natural rhythms, creating a personalized performance pulse With easy to implement tips and real-world examples of people and organizations that have turned stress into sustainable drive, Stressaholic will guide you on your journey from exhaustion to enlightenment!

From the Inside FlapChronic multitasking and ever-increasing demands on our time and energy have caused a neurochemically based dependence on sources of stress and stimulation to provide fuel for our chaotic lifestyles. While this may boost performance in the short term, studies have consistently shown that when stress hormones are elevated over time they create the worst form of internal wear and tear, decreasing productivity, wasting time, and even killing brain cells. As a result, modern society is tired and wired, suffering from physical exhaustion while mentally amped up and unable to get adequate rest. Stressaholic explains the impact of chronic stress on the body, mind, and spirit, and shows how a simple shift in mindset can dramatically alter the body's response to stress. The Stressaholic Recovery Process restores system-wide resilience toward stress in five simple steps, which include: Rest to balance brain chemistry with strategic relaxation and recovery Repair to calm and nourish cells with energy-enhancing nutrients Rebuild to strengthen mental and physical fitness to optimize energy Rethink to optimize your perspective to see stress as a challenge instead of a threat Redesign to develop "BEATs" that provide structure for ongoing energy management Stressaholic shows you how to win the war on stress without limiting your progress by creating an optimal performance pulse of stress and recovery for life. With easy-to-implement tips and real-world examples of individuals and organizations that have turned stress into sustainable drive, Stressaholic will guide you on your journey from exhaustion to enlightenment!From the Back CoverPraise for Stressaholic "For the millions who go to war with stress every day, overloaded with information in our fast-paced, constantly changing world, Heidi Hanna offers a straightforward solution and actionable steps with the science to back it up. Stressaholic teaches you how to hit the reset button on your tired, wired brain." —Dr. Daniel Amen, New York Times bestselling author of Change Your Brain, Change Your Life "Having worked with Heidi in the past, I particularly like her ability to take all the latest scientific research, boil it down, and present it in a way that doesn't overwhelm you. This gives you the confidence that you can actually make substantial and sustainable change in your lifestyle." —Justin Rose, PGA Tour Professional Golfer, 2013 U.S. Open Champion "Stress is our reaction to demands made on us. How it affects us varies widely, and few of us are naturally resilient. So it is important for our mental and physical health and longevity to be able to learn how to cope and, indeed, even thrive on stress. Dr. Hanna tells us how to recharge ourselves in the right way in this amazing new book. You will find the quality of your life vastly improved from the first day you start to use the easy-to-follow lifestyle changes Dr. Hanna offers us." —Dr. Dan Kirsch, President, The American Institute of Stress "Constant stress, and the inflammation it triggers, is a sure means to accelerate the aging process. Here, Dr. Hanna gives us a moving personal account, combined with an evidence-based science, to understand and minimize stress. Arguably, there is no greater longevity medicine than the prescription Dr. Hanna lays out in Stressaholic." —Dan Buettner, New York Times bestselling author of The Blue Zones and Thrive "The world

needs more people like Heidi Hanna. She has turned her sharp intellect upon the huge field of stress research to synthesize the complex findings and distill the most important conclusions and practical solutions for making stress work for you. For anyone who experiences stress, which is all of us, take a deep breath and start here." —Shawn Achor, New York Times bestselling author of *Before Happiness* and *The Happiness Advantage*

About the Author HEIDI HANNA, PhD, has trained thousands of individuals on practical ways to incorporate nutrition, fitness, and positive psychology strategies to improve productivity and performance. Heidi is CEO and founder of SYNERGY, a coaching and consulting company that specializes in customized health and wellness solutions for individuals and organizations. As an experienced speaker, Heidi has been featured at many national and global conferences, including the Fortune Most Powerful Women Summit and the ESPN Women's Leadership Summit.