



Six Steps to Reduce Stress Book

Gregory L. Jantz

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"75 percent of Americans report experiencing at least one symptom of stress in the past month" in the United States, according to the American Psychological Association. Whether the cause of stress is money, work, the economy, family, or personal health, easily get simple and effective tips to reduce stress that are improving lives of people everywhere!

In this step-by-step guide, you will gain the tools to—

- Start healthy habits to reduce stress
- Get a full night's sleep and wake up refreshed
- Enrich your relationship with the Lord and others like never before
- Simplify and organize your life to cut down on stress and focus on what really matters
- and more!

Stress is natural and even helpful in emergencies, causing us to react quickly in need, but being in stress mode regularly is dangerous to our health. Using real-life stories, biblically sound advice, proven tips, and practical steps, equip yourself to recognize the signs of stress and take action to reduce stress today.

Effective Steps to Reduce Stress with the Whole-Person Approach

Unlike most self-help books on stress, which focus mainly on emotions and behavior, *Six Steps to Reduce and Relieve Stress* by Dr. Gregory Jantz takes it a step further by looking at the whole-person approach. People are not one-dimensional and neither should be the help given to them. A whole-person is made up of five key aspects and this book makes it easy-to-understand to see how stress affects each area—and how to get healthy in each of these areas—

1. Emotional
2. Intellectual
3. Relational
4. Physical
5. Spiritual

There are thousands of books on stress. But oftentimes they give very general recommendations that don't apply to everyone and ignore the spiritual aspects of a person.

"As I worked to define and refine my whole-person approach to recovery, I realized applications for a variety of mental health issues, including stress. Over thirty years later, I'm even more convinced about the worth of my approach." —Dr. Gregory Jantz

Imagine having a book that pulls from Scripture and science that speaks to the whole person, showing them how to be restored emotionally, intellectually, relationally, physically, and spiritually. Featuring helpful checklists and research in an easy-to-read format, Jantz's *Six Steps to Reduce and Relieve Stress* doesn't just manage symptoms—it will equip you with the tools to care for the whole person.

You don't have to live in constant overdrive—treat your stress with six practical steps that you can start taking today. This effective guide can be used by anyone and everyone to be free from the pain and anxiety of chronic stress. *112 pgs, paperback, 4.5 x 6.5 inches.*

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Kevin Ortiz:

As people who live in often the modest era should be up-date about what going on or data even knowledge to make these individuals keep up with the era that is always change and move ahead. Some of you maybe may update themselves by reading books. It is a good choice for you but the problems coming to you actually is you don't know what one you should start with. This Six Steps to Reduce Stress Book is our recommendation to cause you to keep up with the world. Why, as this book serves what you want and wish in this era.

Anna Raynor:

Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled Six Steps to Reduce Stress Book your thoughts will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each word written in a book then become one contact form conclusion and explanation that maybe you never get ahead of. The Six Steps to Reduce Stress Book giving you one more experience more than blown away your mind but also giving you useful data for your better life in this era. So now let us show you the relaxing pattern at this point is your body and mind will probably be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Larry Chaffin:

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Linda Justice:

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