

Title:

Five Things You Don't (And Should!) Know About Stress

Word Count:

631

Summary:

Whether it's called stress management, relaxation training, or its newest incarnation, ^Resili

1) Stress won't hurt you. Hans Selye, the ^father of stress~ was a polylinguist, whose first l

Keywords:

stress, health, fitness, advice, wellness, self-help

Article Body:

Whether it's called stress management, relaxation training, or its newest incarnation, ^Resili

1) Stress won't hurt you. Hans Selye, the ^father of stress~ was a polylinguist, whose first l

2) Stress is necessary for life and growth. Far from being something you avoid, when healthy,

3) Come of the best research comes from our former enemies! Russian research into the body-mind

4) It doesn't take years to learn proper breathing techniques. Seek out a Chi Gung, yoga, or T

5) You don't have to meditate for an hour a day to get the benefits. While it's fabulous to sp

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>