



meQuilibrium: 14 Days to Cooler, Calmer, and Happier

Jan Bruce, Andrew Phd Shatte, Adam Md, Mph Perlman

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STRESS ISN'T THE PROBLEM. YOUR RESPONSE TO IT IS.

You *can't* annihilate stress. But you can learn to manage it peacefully—and you don't need to radically change your life to do so.

The powerful author team who crafted this book has the research to prove it—with more than a half dozen studies to date showing the program's efficacy. Marrying the whole-person, systemic approach of integrative medicine with the science of resilience and the tenets of positive psychology, the authors created a method that attacks stress on every level. This three-pronged approach gets at its roots, so stress can't flourish, but you can. In just 14 days, the authors teach you a new way to respond and, in turn, a new way to live.

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Russell Stringer:

People live in this new morning of lifestyle always try and and must have the free time or they will get lots of stress from both way of life and work. So , when we ask do people have time, we will say absolutely yes. People is human not only a robot. Then we inquire again, what kind of activity are there when the spare time coming to a person of course your answer may unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, the book you have read is actually meQuilibrium: 14 Days to Cooler, Calmer, and Happier.

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