



Take the Stress Out of Your Life: A Medical Doctor's Proven Program to Minimize Stress and Maximize Health [Book with Two Audio CDs]

M.D. Jay Winner

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The majority of doctor visits are for stress-related disorders, which can include obesity, heart disease, chronic pain, depression, and infertility. Drawing from more than two decades treating the physical and psychological effects of stress, Dr. Jay Winner clearly lays out how to control the condition through a series of lifestyle modifications, simple mental exercises, and relaxation techniques-without resorting to pills or overwhelming life changes. With two CDs that walk you through stress-reduction exercises, implementing these techniques is fast, effective, and easy to do. For anyone suffering from negative stress, *Take the Stress out of Your Life* is the ultimate guide for coping with unanticipated stressful situations and creating a long-term plan for permanent stress relief.

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