



destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind

davidji

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It's pernicious . . . it's diabolical . . . it creeps into every moment of our lives. It influences our relationships, impacts our body, works its way into our conversations, sparks non-nourishing behaviors, and forces us to do things we'd never want to do. It's infectious; it's relentless . . . it's *stress!*

We all know it. We all experience it. It's the human condition – but through this book, you will learn to transcend it.

Drawing on decades of experience working with individuals in extreme, high-pressure situations – including business leaders, world-class athletes, members of the military, Special Forces, and those in crisis – **davidji** will show you how to handle *any* type of stress that life throws at you. With his trademark easy-to-understand and entertaining writing style, he will transform your understanding of stress using time-tested techniques; cutting-edge science; real-world, practical applications; and in-the-moment stress busters.

How you respond to the world around you determines the fabric of your life – and one read of **destressifying** will enhance your performance at work, at home, and in the face of daily surprises. This book will allow *you* to determine the speed at which life comes at you and guide you to deeper fulfillment, greater empowerment, and true peace of mind.



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