



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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Francine Nott:

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Jane Rich:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they carrying out activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Could possibly be reading a book may be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the e-book untitled Six Steps to Reduce Stress Book can be very good book to read. May be it is usually best activity to you.

Herbert Turley:

In this period globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The actual book that recommended for your requirements is Six Steps to Reduce Stress Book this reserve consist a lot of the information in the condition of this world now. This particular book was represented how do the world has grown up. The terminology styles that writer use for explain it is easy to understand. The particular writer made some exploration when he makes this book. This is why this book ideal all of you.

Ann Craft:

In this particular era which is the greater person or who has ability to do something more are more treasured than other. Do you want to become among it? It is just simple approach to have that. What you have to do is just spending your time almost no but quite enough to get a look at some books. Among the books in the top list in your reading list is Six Steps to Reduce Stress Book. This book that is certainly qualified as The Hungry Hillside can get you closer in becoming precious person. By looking way up and review this book you can get many advantages.

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