



Healthy Vibrations Stress Buster Edition: Instant Stress Relief for Stress Symptoms, Anxiety Symptoms and Symptoms of Depression (Paperback)

By Dan Harp

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Healthy Vibrations Stress Buster Edition is an excellent self-help book to get a handle on stress, anxiety, depression, and related symptoms. Stress means different things to different people. Stress was an evolutionary advantage in ancient times, with a gene that triggers the "fight" or "flight" syndrome, but for the most part, its obsolete in todays modern society, unless you happen to be a mom who had an auto accident and is trying to get to her kids, and even then, these bursts of stress hormones serve their purpose, but we are just not built to handle extended periods of stress. Chronic stress is a serious condition and both directly and indirectly kills people. Medical studies have shown that the physical signs of stress contributes to overeating, belly fat, high blood pressure, headaches, migraines, stomachaches, diarrhea, constipation, insomnia, fatigue, irritability, restlessness, burnout, worry, tension, faintness, tingling, impatience, shaking, nail biting, fear, sweating, panic attacks, confusion, obsessive and intrusive thoughts, memory and concentration problems, anxious, anxiety, depression, strokes, heart disease, diabetes, colitis, asthma, rheumatism, skin allergies, sexual...

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