

Stress The Silent Killer

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Are You A Ticking Time Bomb? Stress the Silent Killer By Ryan Sawyer (About The Author) It begins like any other day. After hours of tossing and turning, you have finally fallen into a fitful sleep when you are jarred awake by the blaring of your alarm clock. Already feeling depleted before the day begins, you drag yourself out of bed, stagger to the shower and try to shake off the nagging anticipation of another daily grind. You fly through the kitchen with a hasty good morning, grab your cup of coffee and bark at your 3 year old who is reaching for your arms with oatmeal covered fingers. She cries, your wife snaps and out the door you run to join the safari just as the sun is rising. Off you go to take your place in the line with other hunters on the daily trek to capture the prize and bag the "big one." You negotiate the hunting party by switching lanes and exercising your cunning to creep a few car lengths ahead, all the while ignoring the blaring horns and interesting gestures of the other hunters. Finally, you drag yourself into your office amid the ringing telephones, beeping fax machines and raucous voices all clamoring for your attention, and jockeying for position to have their request granted first. Exhausted, you fall into the chair behind your desk when suddenly, panic strikes. You can't breath. Your chest feels as if someone has placed a leaden weight atop it, even though you are sitting up. As you gasp for air, your head feels as if it is going to explode and your heart is pounding. Before you know it everything surrounding you becomes dimmer and dimmer until.? If you can relate to all or any portion of the story above, you are a ticking time bomb just waiting to ignite. Yes STRESS is the Silent Killer. Is it the sole source for heart attack? No, in fact the jury is still out as to the statistics on just how much of a risk factor for heart disease stress can be. This comes from the American Heart Association. It IS one of the risk factors, however. Interestingly, the medical community does know that stress contributes to buildup up plaque in the arteries. Combine that one bit of knowledge with any of the other risk factors for heart disease and you can count yourself among one of those "ticking time bombs." The good news is that this is one risk factor that you have control over. You CAN reduce the risk, and "Stress The Silent Killer" is just what you need to discover how that is possible. "Stress The Silent Killer" discusses how to prevent and cope with stress in your life. Learn exactly what stress is and the different stages it can go through before the realization strikes that

you'd best get a handle on it. Investigate the source of YOUR stress and uncover the contributing factors in your daily life. Explore the warning signs and primary symptoms of stress and how these symptoms are triggered. Here's a sample of what is revealed to you to combat this silent killer: * How to Prevent Stress from Getting the Best of You * Stress and Vitamins * Simple Changes to Reduce the Stress in Your Life * How to Stop Family Stress * Overcoming Stress in Your Marriage * How to Manage Your Money without Stress * How to do Hobbies to Relieve Stress * Humor - Learning the Lighter Side of Life * Life is too short to Fret - Overcoming Your Anger * Getting Away to Relieve Stress * Finding More Time - Goal Setting and Time Management * Getting Rid of Stress with Meditation * Stress Management Techniques * How to Manage Your Stress with Alternative Therapy * Natural Remedies for Stress * Breathing Techniques * How to Exercise Away Your Stress- Stress Relief Exercises * Stress Balls - How They Work "Stress The Silent Killer" even gives you a "Stress Awareness Diary" for you to determine the contributing triggers of stress in your life. Use this diary to plot your roadmap to learning how to handle this deadly disease. Take charge today. If you or a loved one displays any of the symptoms of stress they need this valuable lifestyle tool. Don't become a statistic! Pull the plug on your ticking time bomb today! Your family will thank you. Only \$4.99 IMMEDIATE DOWNLOAD! 90 Days Money Back Guarantee! P.S. It only takes a moment to insure that you won't become the latest statistic! Do it now! Tags: stress

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