



# Eliminating Stress, Finding Inner Peace

*Brian L Weiss M.D.*

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## **Eliminating Stress, Finding Inner Peace** Brian L Weiss M.D.

*Eliminating Stress, Finding Inner Peace* is an important step on the healing journey. Stress kills—there's no doubt. It eats away at you, affecting your level of happiness, as well as your stomach lining. It raises your blood pressure and directly harms your cardiovascular system. It depresses your immune system and allows chronic illnesses to overwhelm you—causing pain, disability, and even death. Basically, stress prevents you from experiencing life's many pleasures.

Stress is a mental state that can cause severe negative emotional and physical consequences. It can be entirely eliminated, or at least greatly lessened, by adjusting our understanding and attitudes, and by learning simple, yet very effective, relaxation techniques.

This book, with its accompanying stress-reduction audio download, will help you deeply relax. It will enable you to release the acute and chronic tension you constantly carry in your body and mind. It can also help you remove the blocks and obstacles to your inner peace and contentment, and prevent stress-related illness and disease.

To heal yourself in this manner is an act of self-love, because you're taking the time and expending the energy to work on yourself physically and emotionally, thereby bringing more joy into your life. You'll find that regular practice with the audio will produce profound, long-lasting results.

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