

“No Stress” presents...

The First Step towards Reducing Stress



A Stress Relief Mini Course

Offered for free to the 123, Gift for Me community

Aren't you tired of being stressed?

Isn't it time you did something about it?

...what's that you're saying? "Yes?" I agree.

But getting started is always the hardest part, right?

Usually, I'd agree. **But not today.** Today, getting started with stress management is easy. Today, you have a mini-course to help you.



How to use this course:

Now, originally, this was an email mini-course, with one chapter sent each day, but for the *123, Gift for Me* community, it is presented in a non-email format.

That's why we recommend that you read one chapter a day – so as to not overload yourself.

If you have any comments or questions, feel free to write to us.

To your stress relief,

Dvora Ifat & Shunit Ben-Tzvi,
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Very short introduction:

In case you're interested, this course was written by two people: Dvora Ifat & Shunit Ben-Tzvi. We are authors of an ebook called "No Stress", and we're also mother (Dvora) and daughter (Shunit).

Part 1: 8 tips for reducing stress

Shall we begin?

For today, I'd like to share with you eight tips that are excellent for stress relief. There's really something for everyone here.

So, without further ado, here they are:

1. Go for a run. Or a walk. Or go swimming, or boxing, or do some other physical activity. Exercise is good for you on four different levels:

- a. It will get a large chunk of the accumulated stress out of your system.
- b. If your physical activity is outdoorsy, it allows you to get some air and to take a break.
- c. Exercise releases endorphins, which make you feel better, happier. It's sort of a natural high, really.
- d. You'll be fitter and better looking - always a plus!

2. Find a person you can share your troubles with - most of your friends are not the kind you can share your troubles with, but rather people with whom you can talk about lighter matters. There are probably only one or two friends with whom you can really talk about everything. So share with them - talking about it will ease your burden.

3. Be in the company of friends and acquaintances - not for sharing, like in #2, but just for the company. You know, have fun. It will make life better, and it will also distract you from your troubles.

4. Find a hobby. Whether it's arts or crafts, biking, fishing, or any other hobby you can think of, focusing on something you like to do takes your mind off your

troubles, and allows you to relax. You can't work all day long.

5. Set an appointed time for the above activities, so they don't get pushed aside by "more important things", stressful things. Monday and Friday evening can be dedicated to some kind of sport. Tuesday afternoons might be your time for painting. Saturday night can be the time all the gang goes out to play pool. Just make sure you set a time for doing the things that make you feel good, and don't let your "duties" push them aside.

6. Take a deep breath. Now do it again. When you are stressed, your breathing becomes shallow. The moment you take a deep breath, however, you feel better.

Remember: breathe. Breath is life.

7. Put on some music. It doesn't have to be classic music, although it can be if you like it. Just listen to music that makes you feel good, that relaxes you. Happy, quiet or classic music can do wonders. Heavy metal, though, is not relaxing music, no matter what you think and no matter what your taste in music is.

8. Find a distraction from life that makes you feel good - it could be a movie or a book, for instance. That takes your mind off things, takes you into different worlds, allowing the body and the mind time to relax.

There you have it. If you are stressed, you're probably not doing these eight things enough.

Stress can be dealt with when you know how. Use the above tips to deal with your stress. They can work wonders!

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So now that you're relaxed (or at least you'll be relaxed in a couple of hours), we can move on to tomorrow's section of the mini course.

What's it about?

Well, in order to reduce stress, we believe it is important to know what it does to you. In fact, it's not important - it's vital!

So tomorrow, read it carefully.

Meanwhile, don't forget to use one or more of these tips!

Part 2: what stress does to you, and what you can do against it

Did yesterday's tips work for you?

Do you have any good tips you'd like to share with other people who receive this mini course? If you do, please write to us and tell us about them, and we'll try and share them - and give you all the credit!

Here's our email: ==> shunitb@nostressebook.com

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As we said yesterday, an important part of dealing with stress is knowing why you should deal with it.

I mean, sure, being stressed sucks, but there are many things in life that suck - we can't spare time for dealing with all these things.

But, if there's a good reason to deal with something, stress for instance... that's a different matter.

That would make dealing with stress important.

Well, here's a good reason - your health. Did you know that stress physically affects your body?

Here's how:

When you start stressing out, the first thing that happens physically is that you stop breathing properly. You won't drop dead (not from lack of breathing, anyway), because the body still remembers it has to breathe a bit in order to survive, but your breathing becomes shallow.

Now, the problem with that is that breathing brings oxygen into the body, and oxygen is the body's source of energy. When you don't breathe enough, you have no energy, and the body's functions suffer.

Stress also hurts your immune system: when your breathing isn't quite as deep as may be desired, there is less movement in the chest area (less breathing means less movement of the lungs and diaphragm), and the thymus gland, which has a big role in the immune system, gets massaged less. While you may

be quite able to live without getting a massage every day, your thymus gland is not.

So when you are stressed over large periods of time, your immune system is weakened, and a weak immune system has a hard time keeping you healthy.

Also, when you're stressed, the body starts producing stress hormones. That is very nice, of course, except for the fact that the manufacturing of these hormones takes up resources that would otherwise be used to make other kinds of hormones. Sometimes it can be sex hormones, for instance, and then people find that their periods have lost their regularity (women, usually), or that they've become impotent (men). The manufacturing of other kinds of hormones is, of course, also affected by the mass production of stress hormones.

Stress also creates energetic blockings in and around your body. In times of stress, the chakras close down and meridians are blocked. There is no flow of energy around the body, no renewal of energy. And when there is no renewal there is deterioration, because energy doesn't sit around waiting, it flows, moves on to other places. So you end up with no energy, feeling down.

So, what can you do about it?

First and foremost, you should be aware of it. Then, do something about it.

You can start by taking deeper breaths whenever you remember to. This will help with immediate relief, and give your body some of the oxygen it's been craving.

You can also use the eight tips you learned yesterday.

You can continue by learning to manage stress. You will find an abundance of ways and techniques that teach stress management.

But how do you choose the one that's best for you?

Here are a few points you might consider when choosing a stress management program:

- Does this program encourage you to take medication to reduce stress?

Medication may sound appealing, but it fills your body with chemicals (very healthy...), and when you stop taking it, you're right back where you started.

That's not really long-term results, is it?

- Do they encourage you to see a psychologist?

We're not saying psychologists aren't helpful, but they usually take a really long time to help you. You want results fast.

- How much do they charge?

Spending half your salary on a stress management program can be stressful! Do you really need to add to your stress?

Here's our recommendation:

Check out "No Stress!" - the ebook we wrote just for you.

I know, we might say it's better because we wrote it, but here's the deal:

We won't encourage you to take drugs, we'll allow you to get results fast, and the price is simply hilarious!

And we've got testimonials to prove it's worth!

==> www.nostressebook.com/resources/nostress.php

Part 3:

"I, too, deserve to get what I want"

Yesterday, we saw what stress does to the body.

Today, and for the rest of this course, we're going to see how to deal with specific aspects of stress. These are the most common barriers people encounter when dealing with stress.

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Today, we'll talk about deserving.

Before you say: "Oh, this isn't for me", start reading. It may have more to do with you than you think.

Let's start with a story:

"Once upon a time there was a poor woman who had seven children. She wandered through the countryside with them, looking for food.

"One day, she found a hard-boiled egg, and asked herself: 'how should I divide one egg among everyone?'

"So, what did she do? She ate the entire egg herself, so that she will have the strength to keep searching for food for all her children."

What went through your mind when you read this story?

Was the woman selfish? Should she, as a mother, have given to her children, and only then taken for herself?

I bring you this story for a reason: it shows us that in order to take care of others, we need to first of all take care of ourselves.

If you remember the flight safety videos they show you before an airplane takes off, they say the same thing: first put on your own oxygen mask, and only then tend to your children.

Why? Because we need to take care of ourselves if we want to be able to help others. If we pass out from lack of oxygen, how will that help our kids?

This isn't true only for emergencies - it goes for everyday life as well.

Taking time to ourselves isn't a luxury. It's a necessity. It's like fuel for a car, like charging a battery. If we don't charge our batteries, we won't have the energy to carry on. We won't have the will to keep giving.

In a world with so many to-do's, our own needs are often brushed aside, or put at the end of the list. This is especially true for women and parents.

It's also true for people who work too much – how will you do your work properly if you don't take care of yourself?

When our own needs aren't fulfilled, we get stressed. We resent the situation we find ourselves in, and feel like victims.

If you are one of those who put their needs last, you must make time for yourself, for charging your batteries.

Dance classes, get-togethers with friends, a game of basketball with the guys or a hike in the mountains - anything that will take you away from your every-day worries and give you some breathing space, just plain fun.

When our own needs are filled, we give to others willingly and happily.

If you're waiting for someone else to come up with such an idea, or with the time or money it takes, you can keep on waiting. And you'll probably wait for a very long time.

This is something YOU must do for yourself.

Some of us come from a culture where some people deserve to get all they want, and others don't. Other people learned from their parents who deserves what.

No matter where it comes from, this feeling that you don't deserve to get what you want is now inside you. It's yours. And only you can change it. It's just one of those things we need to do for ourselves. Learn to tell yourself:

"I deserve. I'm also in line for getting what I want. I'll keep on doing things for others, but I deserve to get what I want too."

But charging your batteries isn't the only thing you deserve:

One of the things you deserve, if you're stressed, is to be less stressed. Your

family/boss/husband/wife isn't the only one who deserves a better, easier life.

You also deserve a happier life. This isn't only a benefit to you, but, as we've just seen, to everyone around you.

If you want to be in on the secrets of peace of mind, you should definitely read "No Stress - the Secrets of Peace of Mind".

It goes into everything we learn in this mini course much more in depth, and it also covers many techniques and other subjects.

Get your copy!

==> www.nostressebook.com/resources/nostress.php

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That's it for today.

Tomorrow, we'll have another aspect of stress for you, and a way to deal with it.

See you tomorrow!

Part 4:

Fear and anxiety – how you, too, can beat them

How are you today? More relaxed? We sure do hope so.

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Today, we'd like to talk about dealing with fear and anxiety.

The phrase "fear and anxiety" may not contain the word "stress", but it has a very similar meaning:

Fear and anxiety are great contributors to stress in our life. Fear is a clear, real life-threatening danger, such as having a gun pointed at you. Anxiety, on the other hand, is much more subjective. Here's the Britannica's definition of anxiety:

"Anxiety - In psychology, a feeling of dread, fear, or apprehension, often with no clear justification.

Anxiety differs from true fear in that it is typically the product of subjective, internal emotional states rather than a response to a clear and actual danger. It is marked by physiological signs such as sweating, tension, and increased pulse, by doubt concerning the reality and nature of the perceived threat, and by self-doubt about one's capacity to cope with it. Some anxiety inevitably arises in the course of daily life and is normal..."

Even though there's a difference between fear and anxiety, today I'll just call both "fear".

First, let's remember that fear has an important role: it's here to warn us, wake us up to danger, and pump adrenalin into the blood stream, which allows us to choose and carry out our physical reaction, whether it's fight or flight.

But how often do we really get into physical danger? Mostly, when we experience fear or anxiety, it has to do with what's in our head, not with what's in front of us. A good, very common example of such fear is the fear of loss. I'd like to bring you a real-life example from my life, and show you how I dealt with it:

I want to move to the countryside, and so I am currently house-hunting. When my younger daughter (yes, she's a teenager as you'll see by her reaction) heard

about it, she got really mad: "How dare you do this to me? Separating me from all my friends and taking me God-knows-where!"

According to her, I'm allowing her no choice in the matter. She was so angry she simply refused to join the trips I'm now taking all over the country, which are meant to let me decide where I want to live.

All attempts to explain that nothing's settled yet, and that in the meanwhile we can both enjoy these trips, failed. She's banned those trips. And me - I freaked out because the whole situation reminded me of another lost relationship, in very similar circumstances.

Will this new house cost me the relationship with my daughter? I feared that I would lose her too, or at least our good relationship.

So I started thinking what I should do. Should I give up my wishes? There will always be someone to object to the changes I want to make.

But would I really be losing our beautiful relationship? Perhaps that isn't necessary. Maybe it doesn't have to be like that.

I can keep on doing what I believe is right, and keep up the communication with my daughter. This is where things broke that other time - all communication simply stopped. This time I would make sure that we kept on communicating, knowing that communication is the key to dealing with most potentially difficult situations in life.

This new understanding allowed me to go from fearing that I would lose this relationship to a certainty that, with honest communication, we can go through this change successfully. Fear left, and with it, stress.

These sorts of fears come up, or may come up, lots of times in everyday life. They are triggered by something we see or do, which reminds us of another event that caused us stress. We fear that we will go back to feeling the same way we felt back then, or that we may get into that same stressful situation again.

But this is a new situation. We are wiser now, and we can handle it differently. All we need is the awareness to the fact that this is a new situation, and therefore it CAN be dealt with differently. The results CAN be different and more to our liking.

When we experience such fears or anxieties, we can ask ourselves:

- What is it that scares or scared me?
- What past event does this remind me of?
- What's different between the two situations, and what's similar?
- How can I handle this differently this time, to get what I want? or: What can I say to myself to make myself realize there's nothing to stress about? e.g. If I communicate this time, things will look completely different.

Being aware of having a choice, of the possibility of looking at things differently and handling them differently, is the key to dealing with fear and the stress that follows.

I would like to share with you a tale about fear:

Once there was a young girl, training to become a warrior. And her teacher told her that she must fight Fear. She didn't want to do it. The task seemed too hard, it was scary, and it seemed unfriendly. But her teacher said she must do it, and gave her directions for the duel.

The day came to fight Fear. The warrior girl stood on one side, and Fear stood on the other.

The warrior girl felt very small, and Fear looked big and furious. Both had weapons.

The young warrior pulled herself together and took a step towards Fear. She bowed three times and asked: "May I fight you?"

Fear said, "Thank you for being so respectful and asking my permission".

The young warrior said, "How can I defeat you?"

Fear replied: "My weapons are that I talk fast, and get very close to your face. That's how I disarm you, and get you to do all that I say. If you don't do what I say, I have no power. You can listen to me, and you can respect me. I might even convince you that I'm right. But if you don't do as I say, I have no power."

That's how the warrior student learned how to defeat fear.

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Take a look at your fears, your anxieties - are they caused by a real life-threatening danger?

Or are you afraid that your history will repeat itself?

If you've got a computer, it is most likely that you live in the modern world, and that your life is not in danger. So try seeing how you can deal with your anxiety. Try seeing how you can behave differently, to make this situation end better.

If you'd like to know more about how to face your fears and how to get rid of stress, I would really recommend reading "No Stress!"

It will show you everything you need to know in order to be free of stress and anxiety.

Jump over and get your copy:

==> www.nostressebook.com/resources/nostress.php

Have a great stress-free day!

Part 5:

Listening – the foundation stone of communication

Yesterday we saw how to face our fears. Have you got any success stories you'd like to share? We'd love to hear about your success - please write and tell us about it:

==> shunitb@nostressebook.com

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We also mentioned yesterday that communication was an important part of dealing with certain situations in life.

Communication is the key to any relationship, which makes it the key to success in almost any aspect of our lives. Successful businessmen usually have good communication skills. A good relationship between a man and a woman is usually based on good communication, and so are relationships between friends, maneuvers in politics, and anything else involving people.

Good communication lets us achieve our goals, which leaves us satisfied, and therefore less stressed.

You can write an entire library about communication and its many aspects, but I'd like to talk about the foundation stone of communication - listening. Listen to the person who's talking to you. That's the most important part. Listen out of an honest desire to understand what the other is trying to say.

Most people don't really listen. At the best of times, they hear, and even that's not always true.

So how can you be a better listener?

1. Listen to the other person, not to yourself

Listening is about listening to what's being said, not to whatever's going on in your head when you think about what you're hearing.

Most of us have a tendency to listen to whatever goes on in our minds (thoughts that are triggered by what's being said), and then the answers we give relate to our inner conversations, not to what the other person actually said.

Many times, we think we already know what our partner-in-conversation is going

to say, before they've even finished talking. Then we reply to OUR assumptions, which may have nothing to do with what our partner really said, and are therefore totally not to the point. All this, because we didn't listen.

A very simple way to make sure that we're both hearing and listening is to ask the other person if what we thought they said is what they actually intended to say. Doing this will show us how often we understood "A" while the other person was talking about "B". Why does this happen? It happens because we interpret whatever's being said according to our views.

Asking is a very simple technique, and it seems almost too obvious to even be considered, but this is where we can avoid most of the misunderstandings we come across.

2. People change - give them a chance

Another good idea is to not assume that we already know the other person, and therefore we know what they're going to say. Yes, even if we've lived with them for years. People have the right to change, and think and say new things. Change is the most permanent element of life, and even those closest to us change all the time.

Let people change. Don't treat them as if they are exactly the same as they were last week. Assume that they might be different today. You might even discover new, more exciting people in your life.

3. Devote all of your attention to the other person

When we listen, we should put all of our attention into listening. Even though some of us may have the ability to do several things at once, we still can't listen fully when we're doing other things.

If you're busy, and someone wants to talk to you, tell them:
"Just a minute. I'll finish this, and then you'll have my undivided attention."

4. Sharing vs. asking for advice

Don't assume the person who's talking to you wants the same things you would in the same situation. This is true in general, and especially true between men and women:

Some people tell you things just because they want to share. They don't want your advice or your help. They're venting. Other people talk when they want a

solution to their problems.

And some people may just want to share today, and resent you if you try to offer advice, yet tomorrow they'll want your help.

If we're not sure what's expected of us, why not ask? "Do you want my advice? Or do you just want me to listen?"

You have no idea how much people yearn for someone to listen to them. Really listen. And when you listen, you will see how to work things out, because you will finally understand what the other person means. There'll be less fighting and arguing, and more of getting what everyone wants.

Don't you think listening's worth it?

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To become a great communicator, read "No Stress!".

When you read it, you'll find even more ways to communicate wisely with your environment, and avoid many unnecessary conflicts.

Don't stall! Get your copy now:

==> www.nostressebook.com/resources/nostress.php

Have a wonderful day!

Part 6:

"I'm doing the best I can"

How are you today?

Have you started listening?

Today, we'd like to talk about something that's very important for your peace of mind - doing your best.

One of the reasons for stress in our lives is the feeling that we're not good enough at what we do: I should be a better parent, a better partner, I should do my job well, and do the house work, and this and that and...

Pheeew!

So, as parents, we feel as if we're not spending enough time with our children, or that we're not getting along with them as well as we'd like to.

When we're at work, our minds aren't there, but rather on our sick child; we have no time or energy for taking care of the house, and by the time we get some time alone with our spouse, we're thoroughly exhausted.

This isn't just about the pressure of "where will I find the time to do all this?" It is mainly about the feeling that we're not able to do as much as we'd like to in each of these areas.

So, what can we do?

Some people learn to manage their time more effectively, and assign certain hours of the day or of the week to each area.

Some people just give up certain parts of their life: there are countries where one out of every four women chooses not to have children, in order to have a good career. Some people hire a maid, and some do the shopping on the internet or on the phone.

And yet, in many cases, despite these solutions, the feeling of "this still isn't good enough" remains. And this feeling causes stress, and lots of it.

This stress may be reduced simply by looking at all of this differently:

What we do is, we decide how much time and effort we're going to devote to

each area of our life.

We stick to the above decision, and add a simple phrase to that resolution: "I'm doing the best I can".

Assuming that we are indeed doing our best (which we probably are), just telling ourselves that can work wonders. Perhaps we could do better, perhaps someone else could do better, but right now, we're doing our best.

If our relationship with our kid isn't just what we want it to be, in spite of everything we've already tried, we know that we'll keep learning and improving in the future - but right now, let's tell ourselves what we already know - this is the best we can do right now.

Our house may not be spotless - but hey! With three young children running around, this is the best we can do.

If we've come home exhausted from work, and the kids ask that we come play football with them, it's OK to suggest some other amusement, and tell ourselves... "This is the best I can do right now".

I think you get it, but let's just clear one final point:

The purpose of this exercise isn't to not do and then tell yourself it's all right. The purpose is to do your best, and then remind yourself that this is your best.

Give it a shot. It's important to make demands on ourselves, but it is even more important to cut ourselves some slack. It's important to forgive ourselves.

Remember: "I'm doing the best I can."

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Remembering that you're doing your best is one way of dealing with stress. There are many others, and since not all people were created equal, we respond better to different techniques.

To discover more stress management techniques, read "No Stress!", and see which way is best for you:

==> www.nostressebook.com/resources/nostress.php

Have a good day!

Part 7:

Forgiveness as a form of anger management

How are you today?

Are you angry, perhaps?

Maybe you should read this:

One of the most popular reasons for stress is anger. Many people hold on to their anger for years, nourish it and let it prosper. Anger becomes one of their best friends, a constant companion.

What do you get angry at?

Some people are angry at the way one (or both) of their parents treated them as children, some are angry at friends who've hurt or offended them, some are angry at their spouse, their workplace, and some are even angry at the government or one of its institutions.

Mostly, when we're angry, we have a good reason for it. But...

...even when our anger is justified, even when we were wronged, being angry harms us and sabotages us. I know that when I'm angry, I feel that if I can be angry for a long enough time, it will somehow hurt the other person, like they hurt me, and I will be revenged. But it is always the person who's angry who is hurt the most by it - not the person who did the hurting.

Anger can do us more harm than the original offense that triggered it - this statement is backed by countless studies, which show the devastating effects of anger on the person who's angry.

"But if I was wronged, why shouldn't I be angry? Isn't it right for me to be mad?"

It may be right - we can have a debate about that at another time if you want - but it certainly isn't wise. There is a saying in some languages: "on the road, don't be right - be smart".

By holding on to your anger, you're hurting yourself over a long period of time. To heal the wound, both emotionally and physically (if you're already at a point where anger has physically hurt you), you need to let go of your anger and try to forgive.

"Forgive? After everything they did to me? What are you talking about? Why should I forgive them?"

Forgiveness is mostly for ourselves. There are extreme situations where we should not forgive, and there are situations where anger pushes us into the right sort of action; but normally, in everyday life, we hold unnecessary grudges. We can and should let go of these grudges.

When we let go of anger, we stop wasting so much energy on it. That energy we save can be transformed from the original negative, blocking energy to positive energy, which allows us to move forward and achieve our goals: at work, in relationships, in generating prosperity, etc.

So, how do you actually forgive someone, now that you know it's so important?

1. Release the anger and tension you're bottling up. A good way to do this, that you will discover tomorrow, is called the Amazing Formula.

Of course, any relaxation technique will work, but not quite in the same way. So definitely look for tomorrow's bonus technique!

2. Our good friend Steve G. Jones, a hypnosis expert, has been generous enough to offer you a course, which he usually sells for \$49.95, for free: now you too can create your own hypnosis tape, and get through to your subconscious.

This will make it much easier for you to let go of your anger. Just listen to his course (it's about two hours long), and then make a tape where you tell yourself to let go of anger.

Get your free hypnosis audio course here:

==> <http://www.betterlivingwithhypnosis.com/click.php?p=9999&a=dvoraifat>

3. Realize that however screwed up the person who offended you is, they probably didn't mean any harm - they did the best they could. Of course, there are cases where this doesn't apply, but in most cases, it's true.

Let's go into this one a little more in depth:

A good way to begin forgiving someone would be to understand. Understand the person at whom we're angry. Understand that even if they did offend us, they probably just didn't know any better.

When you think of it like that, it's easier to understand.

All of us hurt the people we love once in a while, just because we're not aware of a different way of acting. We hurt them because we don't know any better, not because we want to. We do the best we can, even though in many cases it's not nearly enough, and in other cases, it's even harmful and hurts people.

Every parent knows this. It's just a part of life. Just like we have to understand our parents and forgive them, our kids will have to understand and forgive us in order to heal their anger and their pain.

This brings us back to what we talked about yesterday: "I'm doing the best I can".

If we can understand what we talked about yesterday, we can also understand that it is also true for the people who've hurt us: they, too, did the best they could do.

Understanding this will make it easier to forgive ourselves - which, for some people is much harder than forgiving others - and it will make it easier to forgive the people we're angry with.

"How will it make it easier to forgive," you ask?

By remembering that they did what they could, what they knew. Even if it wasn't nearly enough, that's what you have. Remember that you would also like to be forgiven for the mistakes and damages you caused without even being aware of it.

You can, of course, stop here - you can stop by understanding. Understanding is very important, and you can make do with it. But, for your own sake, you can and you should take the next step and FORGIVE.

You might even be surprised to find out that once you understand, forgiveness comes naturally. Understanding leads to forgiveness.

So just remember: anger hurts you. Not the other person - you. Forgiveness releases anger and lets us use our energies for things that will be beneficial to us.

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So, by all means, try to let go of your anger. It will make you feel so much better.

And if you want to discover more ways to deal with anger, you should definitely read "No Stress!"

Get it here ==> www.nostressebook.com/resources/nostress.php

And don't forget to look for tomorrow's free bonus technique!

Have a great day!

Part 8:

The Amazing Feel-Good Formula

As promised, today we have for you a special treat – the Amazing Formula:

This is a technique you can use every time you get stressed, to feel better instantly.

Why the Amazing Formula Works

Dvora: Hi everyone at home! You're minutes away from discovering the Amazing Feel-Good Formula.

Shunit is here with me, to ask me questions, and to help demonstrate. So I'm talking to both Shunit and everyone at home - feel free to go along and do the exercises, even if we can't see you.

We'll start with a little experiment:

Imagine something that makes you feel bad, angry or scared. Now pay attention to the way it makes you feel physically when you imagine or think back to this event.

After noting the physical feeling in your body, go back and remember or imagine something that causes you joy or happiness. Once again pay attention to how it makes you feel.

Shunit, what did you think of the first time, and what did you think of the second time?

Shunit: For the first experiment, I remembered being really angry at a co-worker. I could feel it eating me up inside, consuming me, physically.

The second time, I was at the seashore, swimming and I could just feel myself floating. It was so great!

Dvora: Just by remembering and imagining, you had these pretty intense feelings.

Thanks to the tremendous power of memory and imagination which we've just witnessed, we can use the technique we'll learn here.

This technique is one of the branches of guided imagination, and I shall refer to it simply as “swapping pictures”. We will use it to take the emotional charge out of our not-too-great memories, and out of events that occur in our lives.

How to use the Amazing Formula

Shunit: So, how do we use this technique?

Dvora: It's really quite simple. You can find the steps of the Amazing Formula at the end of this special report, but first, let's go through the technique together.

Place one hand on your forehead. Put your other hand on the back of your head, on the same level as your forehead. Just so you know, by placing your hands on your head you cause more blood to flow there and make the area more active, and you are also bypassing the area of the brain which would have otherwise prevented the change you're going to make.

Now think back to an event from the past few days that has upset you or made you angry or frightened.

Shunit: I was just remembering how some time ago I met with a good friend I hadn't seen in a long time. After talking for a few moments, my friend started getting really angry for no apparent reason. He started yelling at me, whereas I hadn't done anything wrong, as far as I know.

Dvora: OK.

Now try seeing the picture or movie you have in your head of this event. It might be easier to do with your eyes closed.

Shunit: Let's see... I can see us sitting there at the café, at this round sort of small table. I've got a latte in front of me, and my friend has a cappuccino. It's a grey sort of day, and it's morning. The café is in a small street, quite nice. It's rather empty, because it's mid-morning, and the weather is rather cool.

Dvora: Good. Now that you see that picture in your mind, define to yourself how you're feeling. Don't just say “I'm angry”. Beneath the anger you will usually find some other emotion. Maybe you were insulted, hurt, or maybe you felt that you weren't being treated right. So if the event you picked is one where you felt angry try finding what came before the anger.

Shunit, how did you feel about your event?

Shunit: I was hurt, crushed. I didn't do anything to deserve that!

Dvora: After having told yourself how you feel take this picture that you saw, give it a frame of whatever color and material you choose. If what you saw was a movie, record it to a cassette or burn it on a CD. You can put it in a box. Give it some sort of packaging. What did you do, Shunit?

Shunit: I framed my picture in a black wooden frame, to go with the pain.

Dvora: Good. Once it's packaged get rid of it using your imagination. You can really let your imagination run wild; you can throw it out the window, into the ocean, to the garbage, even into a black hole. You can burn or smash it. Whatever works for you.

There is no need to fear that you won't remember this event afterwards. We're not getting rid of the memory, but rather of the feeling that is attached to it. We are ridding ourselves of the negative emotion, not of the memory. This is not "Eternal Sunshine of the Spotless Mind".

I know it might be hard for some of you to say goodbye to this event, but I would really recommend that you do this. It has a lot of power.

Shunit: I've thrown my picture into the ocean. It now sleeps with the fishes.

Dvora: Great. After having thrown out whatever has upset you, I ask that you put in its place a new picture. This picture should be one that makes you happy. Don't put in something that just makes you OK-happy. This picture should make you 100 percent happy and joyful. This picture could be one of the same event as you would have wanted it to happen or it could be a totally unrelated picture of something that causes you joy. Even stuff like butterflies and flowers or a hug from someone you love. If cheese is what makes you happy - make it a picture of cheese. Anything along the line of "raindrops on roses" would do.

Shunit: Can imagining something good really make me feel good? It sounds unbelievable!

Dvora: Yes, imagination can make you feel good. The body doesn't know the difference between imagination and reality. They are the same to it. This enables us to work with this technique, enables us to relieve stress and feel good.

Shunit: In that case, let me imagine something nice: My new picture is of my friend and me going hiking together in a beautiful landscape, getting along just fine.

Dvora: Wonderful. After swapping pictures ask yourself again: "How do I feel?" See how your body feels. You should feel great. Shunit, how do you feel on a scale of one to ten?

Shunit: I feel awesome, ten out of ten.

Dvora: Excellent. As I've already said, as far as feeling good goes, there's not much of a difference between imagination and reality. That's why we can get such excellent results using this technique.

Now, all you people at home, can do the same thing.

Go ahead and follow the Amazing Formula:

The Amazing Formula

You may want to print out this part and keep it in an accessible location, so that you can refer to the formula and use it whenever you need to.

1. Place one hand on your forehead and your other hand on the opposite side of your head at the same level.
2. Think back to the event that scared, angered, upset you, etc... Close your eyes so that you can see this picture or movie more clearly, and try to remember as many details as you can: what you saw, heard, smelled...
3. Check with yourself – how did this make you feel? Don't settle for "angry". Go deeper than that.
4. Give your picture or movie some sort of packaging: frame pictures, record movies to cassettes or burn them on CDs...
5. Get rid of it: burn it, throw it into a trash can, into the ocean, into a black hole, smash it...
6. Replace it with a good picture – the more detailed the better – one that will make you happy and joyful. This should make you feel like a million dollars. See that you feel good physically.

Where to go from Here

"Swapping pictures" is taken out of the ebook we wrote, "No Stress!". You can use it whenever something upsets you and causes you to stress out. Try this technique out, and see for yourself.

People have used it to get amazing results.

But for all its greatness, "swapping pictures" is only the first step when it comes to dealing with your stress. It doesn't prevent you from getting stressed in the future; it only works AFTER you're already stressed.

If you really want to live the good life you dream of, you need to combine "swapping pictures" with the other techniques we show you in "No Stress!". This combination will let you **not get stressed in the first place**, and as everyone knows, prevention is always easier than treatment.

Prevention of stress doesn't only improve your mood - which is a great achievement by itself - it also prevents broken relationships, heart attacks, dental problems, pains and diseases, and of course, **it saves you all the money** they would have cost you.

[Claim your copy of "No Stress!" to discover how you can prevent stress and be happy and healthy!](#)

The End