

OUTSMART STRESS!

Understanding the Dynamics behind Stress



by Life and Wellness Coach Monica Magnetti, BFA/CPCC

Do you feel circumstances are controlling you, rather than the other way around?

Has stress taken over your life and you feel overwhelmed most of the time? Are you lacking the clarity to make decisions that will move you forward? Has your business or personal life gone flat? Are you caught in a spiral of doing, doing, doing and see no end to chores and tasks? If you've answered yes to any of the above questions, *Outsmart Stress! The Dynamics behind Stress* can help you!

By selecting *Outsmart Stress!* you'll be making a tremendous shift to a new life perspective where you put your sanity first.

This book will introduce you to practical solutions that you can use to emerge from the fog your stress is causing. You will get tremendous results from this book as you identify your own individual stress patterns, learn ways to identify those patterns early on, and discover how to assess what behaviors cause your stress.

Outsmart Stress! introduces you to a flexible step-by-step method for creating your own solutions to the stress-causing issues in your life.

Reclaim your peace of mind by exploring the dynamics that cause stress. Learn how to create unique ways to keep stress from controlling you.

Outsmart Stress! supports you as you learn to center yourself in the present, where you can make a correct assessment of your unique situation. Above all, *Outsmart Stress!* assists you in your own personal journey with exercises and tools designed to be flexible to your needs.

Outsmart Stress! will help the reader do the following:

- Learn to identify and assess stress patterns through unbiased observation.
- Nullify personal triggers in order to objectively design a plan to fit your needs.
- Discover new details about your relationship with stress through exercises.
- Understand the principles at play behind your stress to reveal choices of how to move forward.
- Make detailed personal choices, because there's no universal formula.

Outsmart Stress! helps individuals discover their own stress dynamics. You'll learn to identify behavioral patterns that create stress, and how to design appropriate shifts that will help you master and control your personal stress levels.

You're the expert of your own life. Learn how to outsmart your stress.