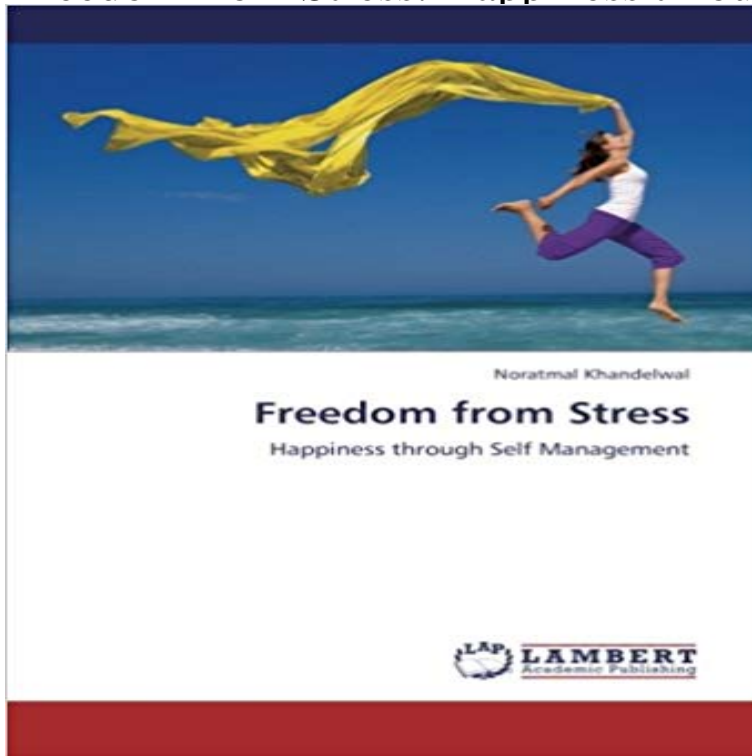


# Freedom from Stress: Happiness through Self Management



Stress is heat of unregulated mind. It is a gap between internal psychological state and external environment. Stress is a major global problem at individual level leading to disastrous consequences in the form of life-style diseases, depression and even suicides in extreme cases. It exists at family and social level also leading to conflicts and mental heat. In organizations managing stress is a big challenge for HR Managers because it has adverse effect on productivity and organizational effectiveness. Western world deals with stress through medication but India offers several physical, psychological and philosophical remedies for this problem. The present book offers a philosophical solution to the problem of stress from Adveta philosophy contained in Ashtavakra Gita, an integral part of Mahabharata epic which dates back 3500 B.C. Abstract philosophy has been presented in a simple easy to understand and easy to practice by anyone who seeks a sustainable solution to grave problem of stress in modern life full of challenges. Rest in your pure self and enjoy bliss. Be an innocent child once again to live a life full of happiness.

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