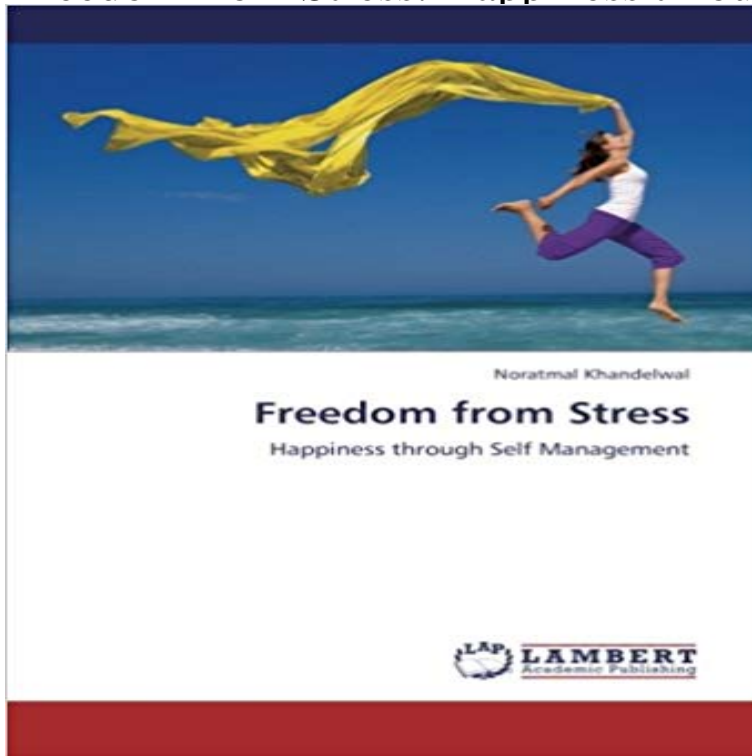


Freedom from Stress: Happiness through Self Management



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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and Tranquilizers Five booklet series, **Psychology News Freedom Counseling Center Page 128** Ive often shared the habits and techniques I use to handle stress in my life. William James We can easily manage if we will only take, each day, the burden appointed to it. listening to the murmur of water, or watching the clouds float across the sky, social skills, self-esteem, reducing stress and becoming happier. **Freedom from Stress: Happiness through Self Management** **Addiction: A Behavioral Economic Perspective - Google Books Result** The 15 paradoxes relevant to stress management are from the book Know As much as we aspire to happiness we hardly ever allow ourselves to experience it. True freedom is attained through the intelligent application of self-discipline.