

Simple Keys to Relieving
Daily Stress



ONE MONTH
OF
DAILY STRESS BUSTERS

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SO-LU'SHUNZ LEADERSHIP SERVICES

DAILY STRESS BUSTERS
& ONE MINUTE DAILY STRESS BUSTERS
& ONE MONTH OF DAILY STRESS BUSTERS
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INTRODUCTION

"It's not stress that kills us; it's our reaction to it."

Dr. Hans Selye

Stress is at the root of an incredible number of society's ills! Emotional, psychological and physical health are all severely compromised when stress takes over and has its way!

Its origin is surprisingly simple. Stress is the result of attitudes arising from our *perceptions* of events and circumstances. The key to mitigating this daily stress is in taking a step back from the circumstances and changing our focus. Our perceptions will often change and, along with them, our attitudes and ultimately the degree of stress we experience.

Events don't *cause* stress; they *trigger* potent perceptions.

The level of stress we experience is a result of what we *believe* about events more than about the events themselves.

In the days and weeks to come, we will be looking at some *stress busting words* and examining how they can help us to take that step back, change our focus and alleviate that daily stress before it begins to eat away at our wellbeing.

Karin Syren
December, 2013



Another great stress buster is turning your New Year's [Resolutions into Realities](#). Click for details on this powerful coaching program offered at a January discount for a limited time.

-DAY 1-



“One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important.”

Bertrand Russell

“What we must decide is how we are valuable, rather than how valuable we are.”

F. Scott Fitzgerald

Taking ourselves and what we do too seriously is a surefire way to increase stress levels and equally stressful is being unaware of the value we have to offer. *Balance* is the key and perspective is the means of achievement.

Take a step back, just far enough to see your *human impact*. Is your work ultimately of value to people, particularly to those within your sphere of influence? If so, keep that perspective in mind as you pursue your deadlines and

press toward your goals. The value of your work will become clear and you will be assured of your personal value in the overall process as well.



Click to learn more about So-lu'shunz' answer to work/life balance, [The Juggling Act](#).

-DAY 2-



"A day of worry is more exhausting than a day of work."

Unknown

"Time is the most valuable thing a man can spend."

Theophrastus (300BC-287)

If your day is consumed by worry, you are *spending* your time. But considering the value of time, and its fleeting nature, would it not be wiser to *invest* it?

Worry and stress are ugly stepsisters. Don't allow precious time to slip through your fingers, spent in worry. Instead, invest in the lasting. Actively, purposely create memories with your time and then record them.

People are the key! Invest your time in people. That's the stuff of which timeless memories are made. Con-

sciously promote healthy relationships at home and on the job. Before long, stress will have become a rare intrusion.



-DAY 3-



*“When thought is creative, hope is born,
speech becomes inspired and mountains move!”*

Karin Syren, Mission Accomplished

It all begins in the thought life! We may not be able to control what we *feel*, but we can control what we *think* and we can and must protect that control over what we think with our words.

We have been blessed with the ability of creative thinking - a quality that sets us apart from all other creatures on earth. Creative thought must be nurtured and it is too often discouraged. Take responsibility for the care and feeding of your creativity!

Now we are positioned for the beginning of a wonderfully productive cycle and, as it loops, our feelings begin to

line up with our thoughts and our words. The pressures cannot stand up to the ongoing process and before we know it, we are on our way to freedom from stress.



Living Life with a Plan is a great stress buster. Click for more information about [Mission Accomplished](#), living life on your terms – with a strategic plan.

-DAY 4-



*“I frequently run out of week
before I run out of things to do with it.”*

KSS

*“Become a **possibilitarian**. No matter how dark things seem to
be or actually are, raise your sights and see possibilities -- always
see them, for they're always there.”*

Norman Vincent Peale

Is this a picture of stress going somewhere to happen
or is this a picture of a rich full life? It's all a matter
of *perspective* isn't it?

Some people feel intense pressure at the mere thought
of unfinished items on their To Do list. While I don't have
a desire to be swamped by unfinished projects (though
that's often the case), I still maintain my ideal would be to

have at least one more thing on my list than I have time on this earth to complete.

I cannot imagine anything worse than having nothing to do! A life of plans and dreams, rich with visions, is not a stressful life, but a life of endless possibilities.

If you're stressed in this area, try a perspective change. Become a *possibilitarian* -- before pulling out your hair!



-DAY 5-



*“If my life is fruitless, it doesn't matter who praises me,
and if my life is fruitful, it doesn't matter who criticizes me.”*

John Bunyan

How many of us have spent countless hours stressing over praise and criticism? We worry over undeserved praise and are even more concerned over undeserved criticism.

The de-stressor here should be no surprise -- **Let your life speak for itself!** What we do, and what's at the heart of it, will shine through, regardless of our attempts to hide or to highlight it!

The key is to **simplify**. Taking the high road, doing our best in all we undertake, casting off the rotten fruit we can, learning from all we experience, and then sleeping when

we put our head to the pillow -- that's the recipe for stress reduction!



-DAY 6-



"I don't have any solution, but I certainly admire the problem."

Ashleigh Brilliant

"Expect problems and eat them for breakfast."

Alfred A. Montapert

British author/cartoonist Ashleigh Brilliant and American author Alfred Montapert seem to have a similar enviable tongue-in-cheek attitude toward unavoidable issues.

If we think about it, the principles are good. How liberating to have a sense of appreciation for the enemy! Between these two approaches, we pull together a wonderful picture of sizing up the giant appreciatively and then very simply devouring it.

It reminds me of the old adage, "*there's only one way to eat an elephant - one bite at a time!*" Got some elephants? Get out your fork...



-DAY 7-



*“When a man sits with a pretty girl for an hour,
it seems like a minute.*

*But let him sit on a hot stove for a minute –
and it’s longer than an hour. That’s relativity.”*

Albert Einstein

Stress is all about relativity! We are back to perspective once again. What unravels one person is motivating to another.

Just like the old baseball triple play, Tinker to Evers to Chance, we get caught in the triple play of Perception to Attitude to Stress. But we have much more at stake than a ball game.

Take a step back and check your perspective -- then tag the runner at first!



-DAY 8-



*“People don’t pay back as good as they get;
they pay back as good as they’ve got.”*

Karin Syren, Relationship Series

We walk ourselves right into stress when we assume that our treatment at the hands of others is actually about *us*. More often than not, it’s all about them and we’ve only become caught in the crosshairs.

People can only give to us (or anyone else) what they have in abundance within themselves. And when we expect fair treatment for fair, we are making a huge assumption about what’s going on inside another human being.

The remedy? Don’t pay back as good as you got. Always pay back better, lifting the burden of keeping score from your shoulders. It’s a guaranteed stress buster!



- DAY 9 -



"Pain is inevitable but misery is optional."

Barbara Johnson

This is the classic line from Johnson's best-selling book, **Stick A Geranium in Your Hat & Be Happy**.^{*} I love this one because it signals to me that I have an option in every instance whether to *react* or to *respond*. Just as misery is optional, so is gladness.

I have a choice between a knee-jerk, stress-invoking reaction, misery, and an intentional, rational, planned response – it's my decision. I choose gladness. I may *not* get instant gratification with it, but I *will* get a good night's sleep – I'll take it!

^{*}Copyright ©1990, 2004 by Barbara Johnson



- DAY 10-



"My momma always said, 'Life was like a box of chocolates. You never know what you're gonna get.'"
Forrest Gump (1994)

I am an unashamed old movie buff! *Forrest Gump*, though it is not in the category of old movie that I am drawn to, is a favorite, and always highly quotable. It is also part of the list I keep of "attitude adjuster films".

A partial list includes such golden oldies as: *Our Town* (1940), *You Can't Take it With you* (1938), *I Remember Mama* (1948), *Les Miserables* (the 1935 version), *How Green Was My Valley* (1941), *Our Vines Have Tender Grapes* (1945), and of course *Forrest Gump* (1994).

While life is challenging for Forrest, and he is anything but *stress-free*, he does show us very clearly what is *stress-*

worthy and what is not. If we must stress, at least let's not sweat the small stuff!

If you feel an attitude adjustment might just be in order, try getting back to basics and take a look at one or two of these films - I think you'll be glad you did!



After checking out a few of these classic films, you might be interested in our free downloadable [resource articles](#) on a variety of timely topics.

- DAY 11 -



“First ask yourself: What is the worst that can happen?

Then prepare to accept it.

Then proceed to improve on the worst.”

Dale Carnegie

In both coaching and counseling, I frequently ask clients to play “worst case scenario.” Sound like a gruesome “game” to play with a client? Perhaps on the surface, but it is actually a very liberating exercise.

Fear arises from the unknown and when we force ourselves to examine what *might* be lurking in the dark unknown, to look it squarely in the face, we almost always find that, even at its worst, it is something we can handle.

When fear is put in perspective, we no longer need to stress ourselves. That energy can now be redirected to

making the changes necessary to actually improve on, or even avoid the worst!



- DAY 12-



“He that is of the opinion money will do everything may well be suspected of doing everything for money.”

Benjamin Franklin

I cannot imagine many things more stressful than running around on a gerbil wheel, a picture of exhaustion without hope of progress.

When the focus of life becomes acquisition, it has the same effect, running and getting nowhere fast. It takes precious little time to lose sight of what is truly valuable and to become dissatisfied, disenchanting and exhausted.

When all is said and done, very few people on their death beds bemoan the fact that they didn't make enough money. It's no wonder the stress of a life of acquisition finally wears out the heart!



- DAY 13-



*“Make your life a masterpiece;
imagine no limitations on what you can be, have or do.”*

Brian Tracy

*“Logic will get you from A to Z;
imagination will get you everywhere.”*

Albert Einstein

I*magination* is an incredible stress buster! Flights of *Imagination* are vacations of the mind. What’s more these holidays are highly creative!

Every great idea in all of history began in the imagination of a man or woman who was not earthbound by the constraints of the possible. These have been men and women who were unmoved by the opinions of the naysayers. They understood that you will never rise higher than your expectations.

Take a well-deserved vacation today. The sky's the limit! Let yourself soar and leave your stress far below.



Coaching is all about unleashing, challenging and channeling the greatness in you, guiding the power of your imagination to the fruition of your Visions. Click [About Coaching](#) to learn more.

- DAY 14-



*“If you can’t stand the heat,
get out of the kitchen.”*

Harry Truman

Harry Truman was known for his gritty realism. Regardless of your opinion of his politics and his decisions as President, this remark is very much that of a man who knew how to get going when the going got tough.

But withstanding the heat in the kitchen doesn’t mean you can never take a break! Perhaps you cannot actually get out of the house, but commonsense dictates the occasional “sanity break”. GET OUT OF THE KITCHEN - if only for a brief period.

There are very few situations that cannot benefit from such a break, a valuable step away the center of the circumstances. The stressor will almost certainly still be there when you return, but the change in perspective will make you better able to function in the heat.



- DAY 15-



*"Do what you love. Love what you do.
Deliver more than you promise."*

Harvey Mackay,
Beware the Naked Man Who Offers You His Shirt*

"The main thing is to keep the main thing the main thing."
Stephen R. Covey

I first came upon this profoundly simple life-altering quote in a Virginia hotel lobby. At the time, I didn't look beyond the cover, or even pick up the book, because I was so taken with the liberating implications of this message on the cover.

Why hadn't I realized it? Why hadn't I thought of it? Better yet, why hadn't I said it?

It was one of those "I could have had a V8" moments! Nothing has been the same since. Now, by choice, I focus

on doing what I love and I really love what I do and I do my best to deliver above and beyond expectations.

Admittedly I'm not totally stress free, but I find that moments of stress seem to creep up on me only when I have allowed my focus to shift from what really matters.

* Copyright © 1990 Harvey B. Mackay



- DAY 16-



*“Do what’s right.
Do it because it’s right.
Then do it right.”*

Kenneth Copeland,
Kenneth Copeland Ministries

I recall very well the morning I first heard these words. It brought all my life’s defining patterns into question and I have never been the same. In fact, nothing in my life has ever been the same.

It did away with those most annoying gray areas, those areas in which we have come to believe that our opinions and our choices actually carry the central weight in the grand scheme of things.

The important things in life are black and white, whether that suits us or not. It is our unwillingness to ad-

mit to certain absolutes that tends to gray the landscape. Our indecision doesn't change the Truth - but it does create a good deal of stress!

Once I accepted that there is a right and wrong in everything and the truth of that is enough reason to choose the right, the rest was a stress-free no-brainer!



- DAY 17 -



“He who has so little knowledge of human nature as to seek happiness by changing anything but his own disposition will waste his life away in fruitless efforts.”
Samuel Johnson (1709-1784)

There are very few endeavors in life as stressful as attempting to change others, especially when “fixing” them is on *our* agenda and *not* on theirs! And yet we are a nation of “fixers.”

Fixing is a form of codependency, a lack of ability to function from within ourselves, an assumption that the value of one’s own life is dependent solely upon one’s ability to keep others satisfied, or to keep their behavior under our control.

All true confidence and lasting security is born from what is within. When we look into ourselves and focus on relationship with our Heavenly Father, and not to others to find security, we no longer feel the need to juggle everyone else's feelings and reactions. Stress begins to melt away.



Have you ever wished you had a forum for guided discussion in the areas of life most important to you? Consider a [So-lu'shunz group coaching](#) program. Choose your topic, assemble your group and be ready for lively and encouraging weekly telephone sessions. Click the link for topic suggestions.

- DAY 18-



*"The world is made up of givers and takers.
The takers may eat better, but the givers sleep better.*

Danny Thomas

*"Giving people your money establishes control.
Giving people your things relinquishes it."*

Karin Syren, Relationship Series

T*akers* must keep a lock on their world to protect all that they've fought to attain. *Givers*, on the other hand, throw the doors of their world wide open. They understand the principle of the tipped pitcher.

Some years ago in a coaching group we were addressing seedtime and harvest. The principle was unclear to several of the members, so we invoked the image of a pitcher under running water.

Most of us consider ourselves to be generous sorts and when our pitcher is full we freely cast around for someone to share with. But how much more effective would our giving (and our receiving) be if we just kept our pitcher tipped. The flow would be continual, both into and out of the pitcher. The picture is one of unceasing abundance!

The only stress is in making the decision. Try tipping your pitcher. Allow abundance to flow through you - it's truly liberating!



- DAY 19 -



*“If you put a small value on yourself,
rest assured that the world will not raise your price.”*

Anonymous

A great deal of stress is experienced by those who are waiting for the world to validate them. They must always be on their guard, best foot forward, so someone will notice and praise them. A great deal of time is spent in pointless waiting and preening.

True humility is not indicated by self-abasement, but by self-awareness, knowing who we truly are. We cannot freely give our gifts in the service of mankind if we do not know or do not acknowledge what those gifts are, or even that we have gifts to give!

Self-confidence is not to be confused with cockiness. Cockiness says “look at me and praise me.” The cockier the individual, the less value he places on himself and therefore the more he seeks to be noticed and the more stress he experiences in the process.

Self confidence says “*I have been gifted for a reason*” and invests those gifts in others. It’s these people whose worth is so great that it defies placing a value upon it. The Bible calls these “*men of whom the world (is) not worthy.*” (Hebrews 11:38)



- DAY 20-



"You'll miss 100% of the shots you don't take."

Wayne Gretsky

"Never let the fear of striking out keep you from taking a swing."

Babe Ruth

Nothing ventured – nothing gained our parents used to tell us. But I don't ever remember anyone addressing the absolute absence of success by remaining in the safe zone.

Look around you at the sea of people who have been gifted with all that they need to be productive in their desires, but who, for some reason, have never taken flight. Look a little closer and you will, in many cases, see people who were so afraid of failing that they never even took the first step!

How tragic for those who have not only given up, but for those who are so bound by fear of failure that they have stood frozen in their tracks! What they never have realized is that there is truly **only one way to fail**, and that is to give up and give in!



Click for a list of Karin's [publications](#), books and articles, available from Amazon.com, Barnes & Noble.com, for free download from the So-lu'shunz website or through online periodicals.

- DAY 21 -



*“Whatever you put your attention on
will grow stronger in your life.”*

Depak Chopra

*“Obstacles are those frightful things you see
when you take your eyes off your goal.”*

Henry Ford

In order to see our plans and dreams come to pass, we have to practice laser-like focus. We need to see the world with the same unswerving focus as children at Christmas. They are bent on convincing you life or death rests on whether they receive their heart’s desire! Every conversation begins and ends with the relative merits of the gift upon which they’ve set their sights.

As adults, we seem to lose that passionate focus and we allow ourselves to become convinced that the obstacles are

too great. Once we begin to think in terms of impossible, stress, often overwhelming, settles in.

It all comes back to *perception* and *focus*. Watch and learn from your children next Holiday Season. Refuse to be detoured when those obstacles rise up and try to change your direction or lower your expectation. Your kids are sleeping well at night - are you?



- DAY 22-



*“People don’t let you down.
Unrealistic expectations let you down.”*
Karin Syren

When it comes to our Visions and Goals we are very concerned that our expectations be realistic, that they not be set too high. However, when it comes to people, we do just the opposite. The sky’s the limit in our expectations of their behavior toward us. We actually *position* ourselves to be disappointed.

We are indeed our own worst enemies in this. It is foolishness to pin our hopes on the behavior of others. Until we determine that they are in our lives to give us opportunity to bless them and not the other way around, we will experience disappointment upon disappointment.

Try expecting less of others. Remember that love *always* gives. So try seeking people out not for what they have to give *you* but for what you have to give *them* - no strings. See what happens to your stress level. You will surely be pleasantly surprised.



- DAY 23-



*"I don't know the key to success,
but the key to failure is trying to please everybody."*

Bill Cosby

Much like fixing, pleasing everyone is about as effective as banging your head against a stone wall -- and nearly as stressful! And what's more, it is impossible to know whether you have succeeded or not.

Even the most intense scrutiny reveals only the outer layer, the appearance layer, of those around us and it is a totally unreliable indicator of what is going on inside. Add to that the flawed filters of our own experiences and you can see what you are up against from the start. Attempting to please everyone sounds like walking on quicksand doesn't it?

Better to determine your behaviors based on something solid and reliable, something time-tested and proven, unchanging and unchangeable. The Bible is *my* reliable guide -- no surprises, no unclear or changing expectations and no gray areas! Now that's a recipe for stress relief!



- DAY 24 -



*“Every person I have known, who has been truly happy,
has learned how to serve others”.*

Albert Schweitzer

When we are constantly on the lookout for those who would rob us of what we have or what we believe we deserve, for those who would force us into any kind of servitude, stress levels are at their maximum!

No one can forcibly *take* from someone whose hand and heart are perennially outstretched in *giving*.

No one and nothing can *control* the person who is a cheerful giver, not simply of goods, but of self – one with the heart of a true servant.

The stress is in the *battle* to hang onto what we believe is ours by rights. It can become so all-consuming we are un-

able even to begin to enjoy what we are fighting so hard to keep in our grasp!



- DAY 25 -



*“Change your thoughts
And you change the world.”*

Norman Vincent Peale

“All things change when we do.”

David Whyte

Change is admittedly the hardest thing for human beings to process, but, as is so often the case, fighting the inevitable only increases the pain. Stress results when we resist the indicators, the need for change.

It all begins right between the ears, in the power center – the mind! It is a principle of the phenomenon that change has a domino effect. Change breeds change.

We need to become intentional rather than knee-jerk, *responsive* rather than *reactive*, in plans for personal change.

We must be prepared to begin the process within ourselves. We will reap the reward of increased Visions reaching fruition, as well as the added benefit of reduced stress levels, when we no longer wait for the world around us to do the changing!



Click the link for information about [Penetrating the Change Mystique](#) and find out how to be secure in the midst of a rapidly changing world.

- DAY 26-



"In the game of life it's a good idea to have a few early losses, which relieves you of the pressure of trying to maintain an undefeated season."

Bill Vaughn

Good people are good because they've come to wisdom through failure.

We get very little wisdom from success, you know.

William Saroyan

It is incredibly stressful, not to mention impossible, attempting always to be right. One definition of *perfectionism* calls it a slow form of suicide.

True and lasting success is most often achieved through good old-fashioned determination. It is said that Thomas Edison carried out 1000 experiments before the incandescent bulb shone.

Begin to see failure not as the end, but as a step in the process, a ruling out of what doesn't work, a step closer to the realization of the vision.

There is only one way to fail with finality - give up! Understanding this principle removes the stress of indecision from our endeavors.



- DAY 27 -



*"If you don't know where you're going,
when you get there, you'll be lost."*

Yogi Berra

Baseball legend Yogi Berra has been one of the most quoted personalities of his time. He is beloved for his Yogiisms, even by those who have never been baseball fans.

While they often defy explanation, this one is somehow innately understandable. When we don't invest in a Vision, we are living accidentally. *Accidental living*, while unfortunately very common, is especially stressful, the quickest route to dissatisfaction, frustration, and ultimately discouragement and even depression.

Life is such a precious gift, every minute of every day, that we have what amounts to an *obligation* to live it fully, pointedly and intentionally. “Visioning” is not only fruitful, but a most enjoyable employment of our God-given imagination.

Have some fun today! Pull up a chair, put your phone on silent and Vision a better way for something – anything. Then put some feet to your Vision. Begin to live your life on purpose! *Purposeful living* is a great stress buster!



- DAY 28-



*"Don't judge each day by the harvest you reap
But by the seeds you plant."*

Robert Lewis Stevenson

Today's harvest is about *yesterday's* seeds. Stress over what you are experiencing today can be alleviated by planting -- with a Vision. There's no point in worrying about what you have or haven't got today. Today's provision is buried in yesterday. The good news is that *today* you have control over *tomorrow's harvest!*

The world calls it karma and says what goes around comes around. The Bible calls it seedtime and harvest. The seasoned farmer calls it good business!

Turn today's lack into tomorrow's abundance. Whatever area of your life has shown a meager harvest is the

area in which to sow extra seeds. Take a cue from the farmer. In a hungry year, the seasoned farmer doesn't eat his seed. He sows more -- into good ground.

Invest in your tomorrow today. The whole world operates on this simple principal - because it works. Enjoy creating a Vision for your future. Then sow your time, energy, resources and talents into it. Trust your seed! When you know you're prepared for tomorrow, stress will have trouble getting a grip on your life!



- DAY 29-



*“Laugh at your problems;
everybody else does.”*

Unknown

Problems hate laughter! Laughter sweeps the cobwebs from the dark corners. Laughter shines a light on the darkest situations and is a definite perspective adjuster! 75% of any problem is your perspective on it. Change your perspective and you change the power the problem wields over you!

Instead of avoiding your problem, a stress builder for sure, bring it out of the corner and examine it. You will undoubtedly find it isn't quite so daunting when no longer cloaked in darkness. Look closely; unmask it, and just as Luke found Darth Vader* to be a shadow of a man, de-

pendent on robotics for his show of power, you may find your problem is well within your power to defeat.

While laughter may not drive your problem out completely, it will dispel its power to control you. It's practically impossible to laugh and stress at the same time.

Take a break from your problem and provide yourself with opportunities for laughter. And as the power of your problem dwindles, so will your stress level as well!

**Star Wars - Return of the Jedi*



- DAY 30-



*“Any fact facing us is not as important
as our attitude toward it,
for that determines our success or failure.”*

Norman Vincent Peale

P*erspective (viewpoint), attitude and focus; each is critically important alone. Together they create your personal atmosphere.*

Personal atmosphere will dictate your success or failure quotient, as well as your stress level, more effectively than your current circumstances will. Personal atmosphere will either override the circumstances or embrace and allow them mastery over your life.

Keep your viewpoint objective, your focus clear and uncluttered, and your attitude overcoming. Not only will

you experience more and greater successes, but your calm and tranquility will be infectious!



Click the link for a list of [classes and workshops](#) designed to help you reach your goals in the midst of life's stresses.

- DAY 31 -



*“A happy woman is one who has no cares at all;
a cheerful woman is one who has cares
but doesn't let them get her down.”*

Beverly Sills

Belle Miriam Silverman, better known as Beverly Sills, “Bubbles” to her friends, had great professional success, on stage as well as behind the scenes, in the world of opera. Her ebullient personality ensured her name was well known in and out of opera from the ‘50s until her death in 2007.

In contrast to her amazing professional triumphs, her personal life was trial upon trial, heartbreak upon heartbreak. Though her life was incredibly trying, Sills was a woman who understood the power of choice and so her public image did not reflect her private pain.

Her words present each of us with the same challenge she faced. Are we going to bemoan a lack of happiness or are we going to *choose* to be cheerful, for it is indeed a choice.

Waiting for happiness is stressful, to say the least. Choosing cheer is choosing to live fully, even in the face of disappointment. It's choosing victory over the circumstances - a guaranteed stress buster!



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