



de-stress-ifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind

Davidji

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It's pernicious . . . it's diabolical . . . it creeps into every moment of our lives. It influences our relationships, impacts our physical body, works its way into our conversations, sparks non-nourishing behaviors, and forces us to do things we'd never want to do. It's infectious; it's relentless . . .

It's *stress*!

We all know it. We all experience it. It's the human condition—but through this book, you will learn to transcend it.

Drawing on decades of experience working with individuals in extreme, high-pressure situations—including business leaders, world-class athletes, members of the military, Special Forces, and those in crisis—**davidji** will show you how to handle any type of stress that life throws at you. Just as he demystified the practice of meditation in his award-winning book *Secrets of Meditation*, here he will teach you proactive tools to breathe more easily, master your emotions, communicate more effectively, cultivate more nourishing relationships, and perform at a higher level. With his trademark easy-to-understand and entertaining writing style, davidji will transform your understanding of stress using time-tested techniques; cutting-edge science; real-world, practical applications; and in-the-moment stress busters.

How you respond to the world around you determines the fabric of your life—and one read of *destressifying* will enhance your performance at work, at home, and in the face of daily surprises. This book will allow you to determine the speed at which life comes at you and guide you to deeper fulfillment, greater empowerment, and true peace of mind.

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