



Stress - Ancient Wisdom for Modern Problems: A short and simple guide to relieving stress and healing anxiety

Issy Flamel

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This book is written for anyone looking for natural healing to dispel the stresses of modern life

In a short simple guide, you will be introduced to clearly explained and easy to follow techniques taken from great religious and spiritual traditions from around the world. Whether you are simply looking for deeper relaxation, or dealing with more serious anxiety disorders, panic attacks and the depression that so often accompanies them, this book will provide directly helpful methods you can start using today. Although some of the techniques are based on religious traditions, non-faith alternatives are detailed, and the science behind the results explained, so that everyone should find something inside these pages to help bring relief.

Based on the personal experience of the author

From the ancient Nyasa of India to the meditation of Japanese Buddhism, from the Jesus Prayer of the Christian Desert Fathers, to the use of Icons in the Russian Orthodox tradition, from the powerful but gentle exercises of Chinese Qigong, to the contemplative tradition of Ignatius Loyola and the Jesuits, I have travelled and studied methods of contemplation that help heal the inner wounds caused by modern stress. This simple guide is the result.

Who should read this book?

Anyone who is looking for time-proven natural techniques for helping healing. Many people in the modern world suffer from rising tension and stress. Here are proven methods for dealing with these problems. Presented in a straightforward way, these spiritual practices can be key to reclaiming a healthy, fulfilling life. The wisdom of thousands of years is available to all of us, all we have to do is take the time to try these powerful, tried and tested techniques.

These ancient practices worked for me - they can work for you

This is not some theoretical pie in the sky book. I used these options to reclaim a healthy life, after years of devastating anxiety, panic attacks and depression. The variety of methods described should ensure that everyone will find something useful. If you, or someone you care about, might benefit from these healing practices, handed down to us by the Saints and Sages through the centuries, then please scroll up, click on the button, and start today.

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This Stress - Ancient Wisdom for Modern Problems: A short and simple guide to relieving stress and healing anxiety is completely new way for you who has intense curiosity to look for some information as it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this Stress - Ancient Wisdom for Modern Problems: A short and simple guide to relieving stress and healing anxiety can be the light food for you because the information inside this specific book is easy to get by anyone. These books create itself in the form and that is reachable by anyone, yep I mean in the e-book application form. People who think that in guide form make them feel drowsy even dizzy this guide is the answer. So there is not any in reading a reserve especially this one. You can find actually looking for. It should be here for you actually. So , don't miss the idea! Just read this e-book style for your better life as well as knowledge.

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