

**STRESS**

Research by the American Medical Association has found that stress is a major factor in 75% of all illnesses, including heart disease, cancer, diabetes stroke, emotional disorders, and premature aging. This alarming finding underscores the urgent need to deal with this debilitating problem. And it begs the question:

**Q. If all the stress remedies out there are so effective, why is everybody still stressed out?**

**A. Because they only relieve your stress temporarily!**

**Stop wasting your time and money treating just the symptoms of stress.**

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"Stress tips? Fantastic! More like practical wisdom for living. They have helped to streamline life, refocus on priorities, endorse my humanity, appreciate diversity, accept my limitations, welcome beauty, question status quo, challenge norms, and regain composure when the frenzy of busy-ness escalates!"  
—Marisa London, UK

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"I work full-time and do a lot of volunteer work afterwards. The stress tips help keep me level in my very busy life! Thanks for supplying these great strategies for living!"  
—Del Cleek Jasper County, IN

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