



## Unwind!: 7 Principles for a Stress-Free Life

*Michael Olpin, Sam Bracken*

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# **Unwind!: 7 Principles for a Stress-Free Life**

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## **Unwind!: 7 Principles for a Stress-Free Life** Michael Olpin, Sam Bracken

This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its “whole-person” approach. *Unwind!* is about optimizing your body, heart, mind, and soul, recognizing that any and all of these dimensions of your life affect your anxiety level. It helps you get clear about who you are as well as your priorities and goals. The authors show you how to take charge of your life and how to make better choices that will prevent stress in the first place.

The authors explore seven key paradigm shifts, from reactive to proactive; unmotivated to inspired; pressured to prioritized; hassled to harmonious; anxious to empathic; defensive to diverse; and tense to tranquil. Delving deep into each of these paradigm shifts, readers learn how to prevent most of the daily stresses people typically experience, by getting at the roots of stressors.



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Why? Because this Unwind!: 7 Principles for a Stress-Free Life is an unordinary book that the inside of the guide waiting for you to snap it but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such awesome way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of advantages than the other book possess such as help improving your proficiency and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the e-book store hurriedly.

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