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# YOU STRESS LESS

• 75 Valuable  
Tips to Reverse  
the Effects  
of Stress

• Learn Smart  
Ways to Stay  
Young and Get  
Thin Despite  
Inevitable  
Stresses



Excerpted  
from the bestseller  
*100 Things That  
Will Keep You  
and Your Body  
Healthy*

The Owner's Manual for  
Regaining Balance in Your Life

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## YOU: Stress Less: The Owner's Manual for Regaining Balance in Your Life



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Stress is America's #1 killer, aging people prematurely and compromising people're used to juggling work, kids, gadgets, gizmos, or the hundreds of responsibilities that any of us have every day. Culled from the pages of bestselling YOU: Remaining Young, YOU: On a Diet, and YOU: Being Beautiful, this handy pocket instruction that provides ninety-nine incredibly valuable tips to reverse the effects of stress is crucial read. YOU: Stress Much less offers a 360-level perspective on tension that combines the most up-to-time wisdom from the entire YOU: The Owner's so why it really is so important to have a good stress administration plan in place, whether you'the way you look, how you are feeling, how long you live, how you sleep, what you eat, everything. That's no question that stress can impact just about every component of your life—s wellness enormously. While there are three types of stress, you might not understand that they aren' This portable, extensive guide is an ideal investment in your health as well as your happiness. some stress can in fact work as a robust motivator. When the incorrect kinds of tension hammer you (and hammer you and hammer you), it can put on you down and cause lasting physical damage. The problem?There's Manual series. Filled with meditation techniques, food recommendations, and lifestyle evaluation tools, this paperback can be an essential guide to reducing your stress amounts and improving your lifestyle—with some changes that you'll feel immediately.t most bad for you;



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Drs. Roizen & Oz are fabulous. Drs. it addresses causes of stress and answers to reduce stress in basically a bullet line technique. Oz have done so much for the sake of people. I first noticed them on PBS years ago, and have been a fan since. Their books are easy to read and understand you need to include humor to keep up the interest. Nothing New You can read this book in one sitting.. It's great to have this source available. In addition to buying their books (and also books on CD) for myself, I've also bought them as presents for family. It's the type of reserve you can read while at the doctor's office or waiting for your car to be fixed. Still, there is normally some very useful information listed, especially if you have a very stressful lifestyle or stressful items in your life. The authors define tension, explain what stress does to your body, and offer traditional advice on how best to cope with it.. It really is strictly for people who have by no means read anything at all on stress. This reads more like an extended pamphlet This reads similar to an extended pamphlet. Only a disappointment considering the authors. Oz's various other books. I'd have preferred to borrow it from the library.. That said I did get yourself a few things out of it so it wasn't a comprehensive waste of money but I wouldn't recommend it if you don't are interested in an instant cliff notes edition of Dr. Oz's books. Good read This book covers many familiar topics and helps.. I am an RN and treatment giver is my organic response to all... not really a read. I must say i liked the You: On a Diet plan book and I idea this might be similar. The refreshers and further help I enjoyed, making myself schedule enough time for me, so I can be better for others and myself.....but burn out comes and overlooking that is not a good thing for anybody. Some could be synical but when you can just come out with one small change you just may be pleasantly suprised. I've read blogs with more useful information. I believe my tween child will enjoy it more than me..... If you've read any books on tension ahead of this one, you won't get any new information; Sometimes simply knowing what's happening with your body as well as your mind can be a comfort.... Five Stars got for a relative who has trouble coping with health issues..... :-( I think it would have already been better as a book. This is more a listing of actions you can take, which is effective, but no one wants reading a list. It reads more like an extended how-to magazine article rather than like a book. Always Enjoy New Approaches I always enjoy books compiled by Dr. Oz/Roizen. Most approaches in the book can help most people and then there are those methods that although would benefit, just aren't feasible either because of period constraints or personal space or cash. Audio familiar? Roizen & Thanks a lot docs. It's such as a cheat sheet to all Dr. This is a list. Seems to help Two Stars Stay with YOU on a diet, it is much more informative and specific to weight loss. Overview of You Stress Less Very good book. Four Stars I like Dr Oz and Dr Roizen These guys are on PBS? Exercise more, sleep more, drink drinking water and eat right. Useless The "book" is bit more than a brochure. Two Stars Really basic info.



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