



# Good Stress: Living Younger Longer

*Terry Lyles Ph.D*

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## **Good Stress: Living Younger Longer** Terry Lyles Ph.D

Stress has been called the Health Epidemic of the 21st Century by the World Health Organization and is estimated to cost American businesses up to \$300 billion a year! In this groundbreaking work inspired by years of rescue work at some of the world's worst disasters: 9/11, Hurricane Katrina and the tsunami in Thailand, Terry Lyles, Ph.D., shows you how to transform stress into a positive source of vital energy for living younger longer. Seeing stress as good is essential for achieving a youthful and vibrant life, says Dr. Lyles. Many people believe that stress is bad, and it can be when we don't have the proper tools to harness it and put it to work for our benefit. Dr. Lyles, deemed America's Stress Doctor, shares powerful insights and simple exercises that will support you in beginning to master one of life's greatest paradoxical challenges—that stress is a force that helps us to reach our fullest potential. Reading and practicing the exercises in this book have the possibility of liberating you from the morass of day-to-day living and help you reach higher levels of performance and satisfaction in life. If you want to live younger longer, start now by seeing stress for what it really is - a catalyst for positive growth and change, says Dr. Lyles. "I have been through many storms in my life and thought that I had learned the answers about dealing with them. I realized how much more I needed to learn after working with Terry's program. I know that you'll feel the same way after reading this powerful material." - Pat Williams, Senior Vice President, Orlando Magic.

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