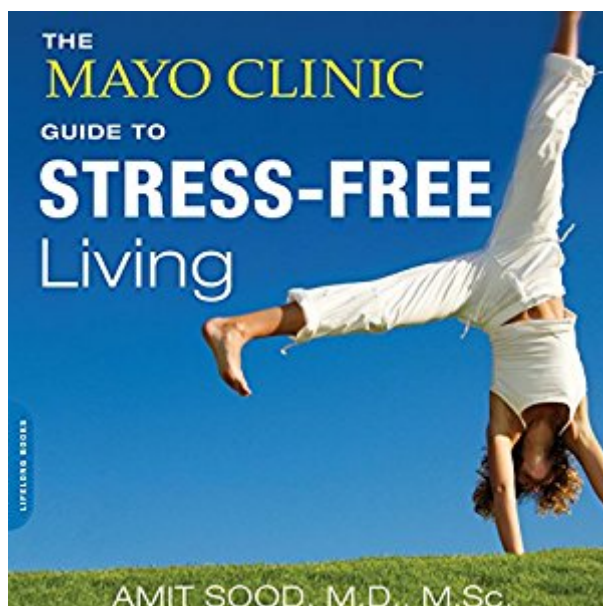


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# The Mayo Clinic Guide To Stress-Free Living



## Synopsis

Have you ever driven several miles without noticing anything on the road or read a page in a book without registering any of it? Do the day's worries and disappointments crowd your mind as you're trying to fall asleep at night? Do you feel stressed much of the time and aren't sure how to find peace? In this book Amit Sood, MD, MSc, a Mayo Clinic specialist in stress and resiliency, reveals how the mind's instinctive restlessness and shortsightedness generate stress and anxiety and presents strategies for living a more peaceful life. The book is based on the highly popular stress management program offered at Mayo Clinic that Dr. Sood developed after two decades of work with tens of thousands of people. Drawing on groundbreaking brain research, Dr. Sood helps you understand the brain's two modes and how an imbalance between them produces unwanted stress. From this basis you learn skills that will help you: Develop deep and sustained attention Practice gratitude, compassion, and acceptance Live a meaningful life Cultivate nurturing relationships Achieve your highest potential All of these concepts are weaved into a practical and fun journey that has been tested in numerous scientific studies, with consistently positive results. Take the first step to discover greater peace and joy for you and your loved ones.

## Book Information

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## Customer Reviews

I just finished reading "The Mayo Clinic Guide to Stress-Free Living." • It was not your run-of-the-mill self-help book. While other books have offered to help me meditate, reduce stress, or become healthier, most of them required me to steal large amounts of time from my very busy day. While I know I need to make changes in my life, current obligations don't allow me the time (or

the finances) to step out of life and meditate for hours a day. Dr. Soodâ™s approach is different. Rather than remove ourselves from our daily issues, he asks us to use them as opportunities to get out of âœdefault modeâ•, focus joyfully on the present, re-frame our interpretations, and find ways to be grateful for what we have. This well-researched book discusses why our minds wander, why we tend to dwell on the negative, how that affects our life, and what we can do about it. I found the book simple to understand. However, please donâ™t mistake simple for easy. Many of us have spent years becoming who we are. It may take us years to become who we want to be. If true, that person will be years away until we actually start the work of becoming. Dr. Soodâ™s simple exercises and practices made it easy to start right away and simple enough to integrate into my everyday life. This book is absolutely full of useful insights. However, I think the biggest lesson I learned from reading âœThe Mayo Clinic Guide to Stress-Free Living" is that the most important emotions are gratitude and compassion. Focusing on them doesnâ™t mean you cannot strive to improve yourself or your situation. Far from it. Instead, it means you should be kind to yourself and those around you. Enjoy the journey as much as the objective.

I was introduced to this book by a friend who thought I would enjoy reading it. My first reaction was, âœI already know a lot of ways to relaxâ | I doubt there will be anything new that I havenâ™t already heard.â • However, I soon discovered that this book on stress was different. Instead of teaching about different relaxation methods, Dr. Sood takes the latest research from neuroscience, effective principles and practices from psychology, and wisdom from a variety of spiritual teachings then insightfully melds it all into a user-friendly daily practice that builds resiliency and fosters good mental health. As the back cover says, âœâ | you learn skills that will help you develop deep and sustained attention, practice gratitude, compassion and acceptance, live a meaningful life, cultivate nurturing relationships, and achieve your highest potentialâ •. There are many components of this book that I particularly liked. First, I found the latest research on brain information to be very compelling, and I appreciated learning how our minds operate either in âœdefault modeâ • or âœfocused modeâ •. After reading about this in the book, I began more carefully considering what my brain attends to, how and why it interprets what it attends to, AND how I can impact my attention. Understanding the evolution and function of brain and mind seems critical to creating the world we live in individually and collectively, and Dr. Soodâ™s explanation of recent research shines new light on why we tend to function the way we do, as well as how we can make changes for the better. Secondly, Dr. Soodâ™s suggestions on ways to practice living with gratitude, compassion, forgiveness, acceptance, and higher meaning were straightforward and manageable

for most anyoneâ€™s schedule.

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