

The most effective stress management techniques are the ones that prevent stress from occurring, and this book is filled with creative, insightful and practical ways to do just that! For stressed and busy people who are short on time, it reads easily and delivers simple solutions for profound and positive changes. A real treasure!

ELIZABETH SCOTT, MS., *About.com's Stress Management Guide*

In his insightful jewel, G. Gaynor McTigue delivers informed, specific tools to empower others to regulate stress and to achieve internal harmony. This entertaining reference will be an essential instruction manual in self-management.

DAVID KRUEGER, MD, Executive and Mentor Coach www.mentorpath.com

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400 Ways to Stop Stress Now actually eliminates the causes of stress, reversing the stressful habits and mindsets you've developed over the course of your life. You'll find specific, targeted solutions for the stress of work, homemaking, finances, relationships, parenting, activities, travel, shopping, entertaining, school, and many other situations.

Businesses and groups will find this book an indispensable component of their stress management programs — reducing job dissatisfaction, absenteeism, mistakes, accidents, and high turnover. Sure to be read and referred to again and again, it's a guide no member of your organization should be without!

G. Gaynor McTigue, noted author and stress coach, conducts life-altering stress workshops for groups and companies. He has also written numerous articles for top newspapers and national magazines, helping millions of people improve the quality and enjoyment of their lives. He is a member of the American Society of Journalists and Authors (ASJA).

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From readers around the world:

"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 busyness escalates!"

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* * *

"Like a sharp, merciless scalpel, these stress tips cut away the fluff, the fads, the senseless distractions in our culture that tend to rob us of who we are."

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* * *

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* * *

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* * *

"G. Gaynor McTigue writes in a clear, straightforward, practical way that will soon help clear the mental and physical clutter from your life, eradicate the thinking errors and set you on a course for a happier, healthier existence."

—Jeff Petersen, Cove, Oregon

400 WAYS TO STOP STRESS NOW

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G. GAYNOR McTIGUE



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To Owen and Katherine

Fast-Find Stress Relief Guide

Use this index to get immediate solutions for the stress, anxiety and clutter you may be experiencing right now.

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Introduction

Several years ago I wrote a book called *Life's Little Frustration Book* (St. Martin's Press). It was a humor book, a collection of all those irritating and annoying things that happen to us. For example: *You can't open a drawer because something inside it is sticking up, and you can't push it down until you open the drawer.*

And in doing that book, I realized what a complicated mess our lives have become, how little room we leave for error, how tightly our days are packed, so if only one thing doesn't go as planned...everything starts to unravel. So we often find ourselves rushed, frustrated, frazzled...*stressed out*. Living almost our entire lives in crisis mode. And we weren't made for that. Sure, we can handle a pressure situation once in a while. But all the time? Think of the wear and tear on your nerves. All those harmful hormones and free radicals you're unleashing—day after day, year after year—weakening your immune system, contributing to illnesses, aging you prematurely. Surely there must be something out there that can help put a stop to this madness.

And it occurred to me that if all the countless available stress "remedies"—books, videos, drugs, audio tapes, aroma therapy, vibrating chairs, relaxation