



## Stress - Ancient Wisdom for Modern Problems: A Short and Simple Guide to Relieving Stress and Healing Anxiety (Paperback)

By Issy Flamel

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is written for anyone looking for natural healing to dispel the stresses of modern life In a short simple guide, you will be introduced to clearly explained and easy to follow techniques taken from great religious and spiritual traditions from around the world. Whether you are simply looking for deeper relaxation, or dealing with more serious anxiety disorders, panic attacks and the depression that so often accompanies them, this book will provide directly helpful methods you can start using today. Although some of the techniques are based on religious traditions, non-faith alternatives are detailed, and the science behind the results explained, so that everyone should find something inside these pages to help bring relief. Based on the personal experience of the author From the ancient Nyasa of India to the meditation of Japanese Buddhism, from the Jesus Prayer of the Christian Desert Fathers, to the use of Icons in the Russian Orthodox tradition, from the powerful but gentle exercises of Chinese Qigong, to the contemplative tradition of Ignatius Loyola and the Jesuits, I have travelled and studied methods...



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