

Opinion

Volume 2 Issue 1 - August 2017
DOI: 10.19080/JOJS.2019.02.555579

Theranostics Brain, Spine & Neural Disord

Copyright © All rights are reserved by Uqbah Iqbal

How to Overcome Stress



Uqbah Iqbal*

Faculty of Social Sciences and Humanities, Malaysia

Submission: September 15, 2017; **Published:** September 19, 2017

*Corresponding author: Uqbah Iqbal, Faculty of Social Sciences and Humanities, UKM 43650 Bangi Selangor, Malaysia, Tel: 60196916990; Email: uqbah@siswa.ukm.edu.my

Opinion

Written by Romy Rafael, so many books on stress and stress management, then why do you need to read this one? Because this book can be called a simple guide book. Most of the books you read contain information that is too complex and often useless to you. For that reason the focus of this book is not just focusing on the causes of stress, this book can also help you deal with the stress that you face daily and help you to organize your own thoughts. This book will help you to learn that you yourself can manage stress because stress does not need to be avoided; you just need to learn how to deal with it. This book provides an understanding of hypnotherapy to help you deal with stress and how you can understand how hypnotherapy can help your life. This book helps you to be an individual who can deal with stress. It is not complicated to control stress. You do not need to change your entire life style; all you need is to apply the simple guidelines provided by this book. The author can promise you that the advice in this book can help you stay calm when you are facing stress.

Do you often feel worried? Do you feel tired, full of discomfort? Do you feel less energized or experience more pain and flu? Or do you feel your life is out of control? If you answered yes to the question above, then this can be a sign that you are experiencing stress. Because in life, we tend to be busy, and experience a lot of pressure. No matter who you are, everyone is dealing with stress and everyone can have felt the effects of the stress they have on

physical, mental and emotional health. It is very clear what is meant by stress and form of stress consists of various types. Stress can be different things to different people, and affect people in different ways. Pressure, stress, worry, do things, feel the loss of control, and feelings of threat, discomfort, and disability will come to us if we confront Stress. But stress can be a good thing for our lives too. Then this is the definition of stress according to the author; Stress is how your body and mind act on change.

If you can adapt yourself well in all circumstances in your life, then stress is not a problem. While you cannot adapt, or do not want to adapt, the stress can cause problems in your life. In short, when stress affects your mind then that's what will make you feel you cannot overcome it. Stress can destroy careers, relationships, and health. Stress can also be called modern cancer in the twentieth century. You need to be calm and rest, stress open something new. New technology, new option, and the pace of modern life, all of which contribute to increasing levels of stress in the present day. Stress has been with us since the beginning of time. Stress is a fact and part of our lives. This book wants to help you understand stress and find ways to reduce the effects of stress and protect yourself from future stress, because stress is not a disease. Stress is the result of your response to a situation. Something you cannot control or something 'unattainable' that is waiting to attack you or help you grow and change for the better.



This work is licensed under Creative Commons Attribution 4.0 License
DOI: 10.19080/JOJS.2019.02.555579

Your next submission with Juniper Publishers will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission

<https://juniperpublishers.com/online-submission.php>