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Debbie Mandel

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DEBBIE MANDEL

Addicted to Stress

A
Woman's
7-Step
Program



TO RECLAIM JOY AND
SPONTANEITY IN LIFE

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Debbie Mandel : Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Addicted to Stress: A Woman's 7 Step Program to Reclaim Joy and Spontaneity in Life:

8 of 8 people found the following review helpful. 'Ah-ha' moments aboundBy Marlene Browne, Esq.I was expecting a well-written work with a warm touch of humor, given Ms. Mandel's credentials; but I was delighted to find so much more. "Addicted to Stress" is not only filled with the latest scientific research on "stress" and why and how it affects

we women as it does; this volume is chock full of practical wisdom, useful guidelines, and enough "eureka" moments to make reading it a potentially life-changing event. The self-tests throughout the book are interesting and illuminating. I also enjoyed the private incidents that Ms. Mandel shares with her readers. These examples bring her unique thesis to life, illustrating how the "seven step" program helps the reader reclaim joy and spontaneity. One of the many nuggets that I found enlightening is the distinction Ms. Mandel makes between "force" and "power"--and how the two different elements play out in a person's life. This book contains loads of revealing insights that will help you enjoy life more, live better now, and, as promised, break your (or help some one else break her) addiction to stress. 13 of 18 people found the following review helpful. Generic and Bland By JMGI've found a lot of useful books at and the reviews are often what help me the most to find the good stuff. I knew I was taking a chance with the limited reviews of this book and unfortunately I ended up disappointed. The advice is pretty generic and the author seems to me to have a bias toward an audience of married women who are very invested in home and family. There are also some references to god and religion that turned me off. I wouldn't say this was a religious self help book but she mentions church and that sort of thing from time to time and the assumption that reader have a religious background bothered me. The thing that bother me the most is that she did a lot more of telling you what to do and how to fix it rather than asking you questions to promote your own insights and discover your own solutions. 11 of 11 people found the following review helpful. Addicted to Stress Mom Central Review By Stacy Debroff If there's one thing that women everywhere know about, it's stress. Stress about kids, relationships, work, dinner, laundry...the list goes on and on. In fact, one might say women are "addicted to stress." Which is exactly the idea behind Debbie Mandel's ingenious new book. In it, she likens a woman's tireless work to identity theft and points out the irony of calling a never-ending to-do list that we use to keep ourselves occupied every moment of every day "progress." But there's good news - we're only 7 simple steps away from changing our lives. Mandel helps women understand that stress addiction is a real problem, recognize the signs, and take action to improve our health and better our lives. And she's got her work cut out for her; after all, one of the major problems with stress addiction is that women today feel they need to keep busy in order to thrive. How often do you find yourself with free time, only to wonder what work or chores you could be getting done instead? Sure, we know we're busy, but we relish the purpose and sense of accomplishment, right? It turns out that stress may be affecting our lives in more ways than we realize, damaging our relationships, our family life, and even our health. Mandel's book is as interactive as it is informative, and it's absolutely a must read for anyone who experiences even a little stress in her daily life (which, let's face it, is pretty much everyone). With anecdotes from women you can relate to, questions and activities to really get you thinking about your own life, and advice to change everything from your diet and your house to your routine and your mindset, this book has the potential to really make a difference in your life. So enough with the excuses - finding the time to read this book will mean finding the time to rediscover yourself.

A woman's down-to-earth guide for releasing stress and reclaiming her free-spirit Stress management expert and radio personality Debbie Mandel presents her highly original program for stress reduction. She explains that women who are constantly stressed out have forgotten the dreams of the free-spirited girl living inside them before they became somebody's wife, mother, or workplace colleague. This book, the inspiring and humorous story of successful recovery from stress addiction, outlines her seven steps that have proven to help women overcome daily stressors and reclaim a life of joy and spontaneity. Explores the habit forming pressure principle of stress addiction and how to cure it Provides step-by-step program for self-empowerment, self-care, healthy narcissism, and renewing humor in a woman's relationships Explains the powerful, researched based relationship between food, exercise, and mood Contains indispensable strategies for accepting constructive conflicts with a spouse, partner, friend or colleague to get what she wants Teaches specific techniques for reducing and eliminating stress reduction Addicted to Stress shows how as the addiction to stress is cured, women find it possible to build up an immunity to outside pressure and become their true core self.

From the Inside Flap Addicted to Stress In this highly original program for stress reduction, stress management expert and radio personality Debbie Mandel explains that women who are constantly stressed out have forgotten the dreams of the free-spirited girl living inside them before they became somebody's wife, mother, or workplace colleague. Debbie Mandel offers seven proven steps to help women overcome daily stressors and reclaim a life of joy and spontaneity. Addicted to Stress shows how as the addiction to stress is cured, women find it possible to build up an immunity to outside pressure and become their true core self. Here are the steps that have been proven to work: Be Aware of Your Own Stress Addiction Reclaim Your Identity Learn to Become a Healthy Narcissist Build a Healthy Body Cultivate Your Sense of Fun and Humor JumpStart Your Libido Reframe Your Thoughts Addicted to Stress teaches self-empowerment, exercise and self-care, healthy narcissism, renewing sensuality, and the role of humor in a woman's relationships. Debbie Mandel explains the powerful, research-based relationship between food and mood, offers indispensable strategies for accepting constructive conflicts, and shows how to jumpstart sexual intimacy. From the Back Cover Praise for Addicted to Stress "This book offers remedies for all of us 'stress junkies,' to help us enrich

our lives for now and the future." mdash;Dr. John Ratey, M.D. associate clinical professor of psychiatry, Harvard University "This book needs to be read by every woman. It's never too late to be born again." mdash;Bernie Siegel, M.D. author, Love, Magic Mudpies and 365 Prescriptions for Living "An easy-to-follow, entertaining program for reducing the toxic impact of stress for today's women, and reclaiming their health and wholeness as they seek to live more happily in these hectic times." mdash;Jeffrey Brantley, M.D. director, Mindfulness-Based Stress Reduction Program, Duke University Integrative Medicine "Everyone can benefit from the practical wisdom in this book, which will relieve stress addiction with no worry of withdrawal. We are 'hooked' on the encouraging ideas and guidance in Ms. Mandel's inspiring book." mdash;Dr. Steven Gurgevich and Joy Gurgevich authors, The Self-Hypnosis Diet "If you long for more love, happiness, peace of mind, and authenticity; if you want your life to be an expression of the yearnings of your heart; and if you want to feel that you are truly enjoying your time on earthmdash;rather than just struggling to get bymdash;then you must read this superb book! It will remind you about what is truly important. And it will help you transform your life into what you truly want it to be!" mdash;John E. Welshons author, When Prayers Aren't Answered and Awakening from GriefAbout the AuthorDebbie Mandel is the radio talk show host of a popular weekly health and fitness radio show on WGBB 1240 AM in Long Island, New York, which is broadcast live and on the Internet. She is the publisher of the highly regarded wellness Web site www.addictedtostress.com and conducts stress-management and relationship workshops for couples, women's groups, and others.