

A Life Less Stressed

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Synopsis

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A holistic guide to the stresses that wear us down and the simple changes we can make to lead happier, healthier, and more resilient lives. Life has never been more stressful. It is no coincidence that chronic degenerative disorders such as cancer, heart disease, autoimmune illnesses, and mental-health conditions are on the rise. But if we want to tackle them, we need to look beyond their symptoms. That is the message of dentist and health advocate Ron Ehrlich. He explores why public health messages have been so confusing and often contradictory, including the role of the food and pharmaceutical industries in all parts our health care system. It's a story that's easy to miss but difficult to ignore. He then untangles how problems in one part of the body are intimately connected to the whole and how we as individuals are inextricably linked to our own environment. Ehrlich redefines the stresses that affect us in our modern world and shows how to strengthen the five pillars - sleep, breathing, nutrition, movement, and thought - that support our health. *A Life Less Stressed* will help you develop a broader understanding of the challenges we face today and empower you to take control, build resilience and be the best you can be.

Reader's comments

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