

The Stress Prescription

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Synopsis

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A preeminent expert sheds light on how to handle the daily hassles of life. It's not just a manual for managing stress—it's a toolkit for preventing it. • Adam Grant, #1 New York Times bestselling author of *Think Again*

From world-renowned psychologist and New York Times bestselling author Dr. Elissa Epel, a simple yet powerful plan to turn your stress into your strength in just seven days

We can't avoid stress. But we can embrace it and transform it. Whether we're facing deadlines, difficulties with family or friends, personal crises, or just the uncertainty of the world—stress is the ocean we swim in. Even our negative thoughts can trigger our body's stress response so we rarely experience periods of ease and deep restoration.

In *The Stress Prescription*, Dr. Epel distills decades of research, infused with wisdom, into a practical yet transformative seven-day plan of science-based techniques that can help you harness stress through more positive challenge and purpose.

The seven-day prescription will lead you through these exercises:

Day 1: Things Will Go Wrong . . . And That's All Right

Day 2: Control What You Can . . . And Put Down the Rest

Day 3: Be the Lion

Day 4: Train for Resilience

Day 5: Let Nature Do the Work

Day 6: Don't Just Relax . . . Restore

Day 7: Start Full, End Full

Dr. Epel shows us how we can stress better by training our minds and bodies to shift towards a flexible, beneficial stress response that can actually enhance health. You will develop a more robust mindset, build the resources you need to turn stress into strength, and fill your days with more joy, connection, and ease.

* This audiobook edition includes a downloadable PDF which contains all the Today's Practice exercises, the Mind States graph, the Your Stress Mindset test, the My Core Values list, the Stress Prescription chart, and the Further Reading and Resources list from the book.

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