

image not found or type unknown



We live in a world overrun by stress. Global urbanization, competition and the spread of technology have created a world in which access to information has become an obligation and necessity. People are now held accountable for their actions and whereabouts 24/7 and they are losing both their privacy and down time.

In addition, we are continually under assault on a physical level, with our environment filled with never-before-seen levels of toxicity. From the food we eat to the air we breathe, our bodies are under siege by the toxins and chemicals we have introduced into our cities, our homes and our food.

In short the unforgiving pace and complexity of modern life has greatly challenged our ability to live healthily and fully in the present moment. While stress is omnipresent in each of our lives to varying degrees, it has reached a point of sweeping concern, a stress pandemic which we must address and conquer in order to survive.

It's easy to over-commit or over-push ourselves, and no one else knows our thoughts and feelings with certainty, so it is up to us to set our own boundaries. In my own experience, I realized at one time that I wasn't even aware of what my true feelings were on a lot of matters. I had become so accustomed to wanting to please others, especially those I cared about, that I found it very difficult to say no or to tell the truth about what I thought.

I hope that through the simple, healthy way of life I can help myself to prevent stress from destroying my own and people's lives. It can help me free myself from daily stress and work toward achieving a happier and healthier state of mind and life!