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Nota di contenuto	Intro -- Contents -- Foreword -- Chapter 1. From Extreme Stress to Relief -- Chapter 2. Possible Pitfalls for Stress Resilience -- Chapter 3. The Relief Is in Your Body -- Chapter 4. Breathing Your Way out of Stress -- Chapter 5. Seeing and Sensing Here and Now -- Chapter 6. A Picture Instead of a Thousand Words -- Chapter 7. Moving into Your Body -- Chapter 8. At Home in You -- Acknowledgments -- References -- About the Author.
Sommario/riassunto	Somatic or body-based skills are at the cutting edge of wellness and stress reduction. This book offers do-it-yourself techniques designed to help you reset your nervous system, beat stress, and cultivate calm. Stress--its not just in your head. Whether you've experienced a racing heart, shortness of breath, a tense neck or shoulders, or a knot in your stomach, you know that stress is something that you can feel in your body. And that's why you need help relieving stress in the body before you can achieve a sense of calm and well-being in your mind. But where do you begin? This book offers an evidence-based set of tools based on the authors innovative Mind-Body Reset (MBR) program. Mind-Body Stress Reset works from down in your body up to your brain, to deeply alter the way you feel, which then changes the way you react to stress. In this book, you'll find simple and accessible self-

regulation skills that create somatic and cognitive shifts to help you actually reset the baseline of your nervous system. You'll find key MBR tools to help you: Breathe your way through stress See and sense the here and now Connect with your body Find lasting peace of mind Downloadable audio practices are also included to help you soothe stress reactivity, promote stress resilience, and get back to fully living again.
