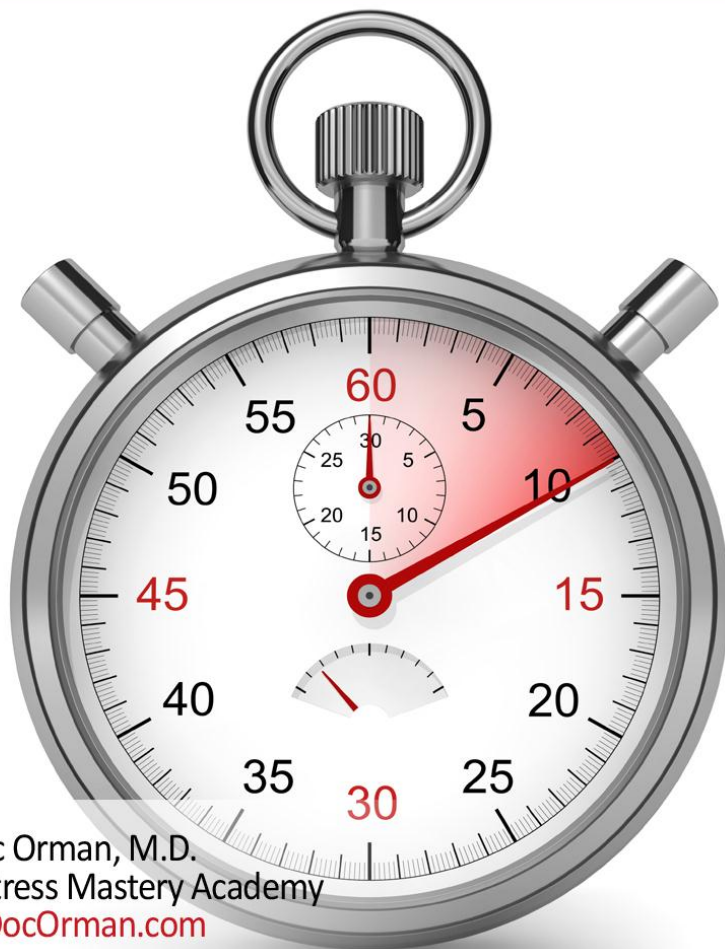


BECOME AN EXPERT ON STRESS

In 10 Minutes... Guaranteed!



By Doc Orman, M.D.
Founder, The Stress Mastery Academy
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Become A Certified Expert On Stress In 10 Minutes Or Less....Guaranteed!

Hello, my name is Mort (Doc) Orman, M.D., and I'd like to turn you into a real expert on stress within the next ten minutes.

You probably think this isn't possible, but it is. In fact, if you read through this very short e-book...it can definitely happen for you!

You see, there's only one thing you need to know in order to legitimately call yourself an expert on stress. And when you know this one thing... it will put you on an exciting new path for dealing successfully with stress in your life.

My Background

For the past 30 years, in addition to being a board-certified Internal Medicine physician, I've been teaching people how to eliminate stress...**without having to manage it.**

Along the way, I've discovered that much of what we've been taught about stress isn't really true. As a result, most educated people don't correctly understand what stress is, what causes it to occur, or what strategies are the best for dealing with it.

I have conducted seminars and workshops about stress for thousands of individuals, including:

- Doctors
- Lawyers
- Nurses
- Medical students
- Business executives
- College students
- Athletic coaches
- And even the FBI.

I've also written numerous books on stress, including ***The 14 Day Stress Cure***, which received a non-fiction book-of-the-year award from the National Association of Independent Publishers in 1992.

In addition, I recently founded my own Stress Mastery Academy, and I've also been the official sponsor of National Stress Awareness Month, every April in the United States, for the past twenty-one years.

And you know what....all of these accomplishments would not have been possible without the one key insight I'm going to share with you in this e-book.

My Personal Struggles With Stress

Prior to understanding this one key insight, I had plenty of stress in my life. I was angry, frustrated, and miserable much of the time. I often felt anxious, tense, irritable and intermittently depressed.

I was still able to function pretty well as a physician, but I frequently got angry with my patients, and my other relationships weren't any better.

But as a direct result of the one key insight you're going to learn about here—along with other discoveries that followed from it—I was eventually able to turn all of this stress and tension around.

Today, I rarely get angry, frustrated, or irritated anymore. I also almost never feel anxious or depressed. And even when I do, I know how to make these feelings quickly disappear whenever I want. And the best part is that I don't have to use drugs, alcohol, cigarettes, food, relaxation procedures or any other type of stress management techniques.

In short, I finally figured out what it takes to deal with stress successfully.

And it all boils down to one key insight...the understanding of which can turn your life around.

Myths About Stress

Before I explain this key insight, I want you to know that we have many myths and misconceptions about stress which have been implanted in our minds but aren't really true.

Here's one example, from a book called *The Stress Myth*, by Richard Ecker:

“We like to believe that stress is inevitable—that life is so much more complex these days, that we're being dragged around by a runaway world which offers us less and less that we can depend on.

But this belief is nothing but a myth, a myth that is at the core of the stress problem....This myth....has done more to perpetuate unwanted stress in our society than any other single factor.

Ironically, the main proponents of this myth are the very ones who claim to be teaching people how to deal with stress.”

Richard Ecker: The Stress Myth

You Are Not The Problem

The primary reason why stress keeps happening in your life is not because you are unable to get rid of it.

It's because we live in a world where **stress is widely misunderstood**.

Most stress experts, for instance, take it for granted that stress is something that actually exists. They also believe stress is something people like you and me commonly suffer from.

Based upon these two myths, which I'll show you in a moment aren't really true, they spend considerable time and energy warning you of all the terrible things that can happen to you from high levels of stress. Then, they offer to teach you how to manage your stress so you can protect yourself from harm.

Throughout my medical training, I too was taught to believe in this popular mentality about stress. And in the early years of my Internal Medicine practice, I dutifully communicated these principles to my patients.

Unfortunately, thinking about stress in this way never helped me deal with my own emotions, nor did it help me deal with other types of stress in my life. It also didn't help me relieve stress in my patients.

A Monumental Change In Thinking

Eventually, through much independent study and a bit of good fortune, I discovered much better ways to think about stress, including better ways to understand:

- What stress really is
- What causes it to occur in our lives
- What our best options are for dealing with it

Let me show you what I mean, by taking a critical look at **what stress really is** and what it is not.

The Truth About Stress

When I conduct seminars and workshops about stress, I always begin by asking my audience to share what they think stress is.

This always produces a lively discussion and a wide range of different definitions and opinions. Some people believe stress is being mentally or physically overwhelmed by too many external pressures or demands. Some believe it is not being able to sleep well at night or concentrate as well as they normally do during the day.

Others say stress is when they are anxious, angry, frustrated or depressed. Still others point to physical symptoms in their bodies, such as tight muscles, headaches, indigestion, sweating, or a rapid heart rate.

Invariably, someone also throws in a scientific definition like “stress is the inappropriate activation of the body’s ancient flight or fight response, which results in excessive stress hormones being released into the bloodstream.”

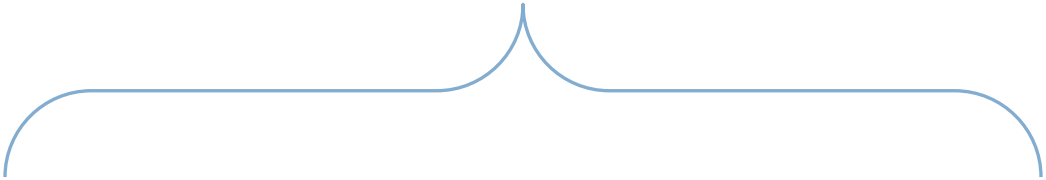
You probably have your own definition for stress. As you can see from the wide range of responses above, there are many popular definitions, all of which do have merit. But none of them gets to the heart of what stress really is. None of them captures its true nature and essence.

The Truth Is Not What You’ve Been Told

The real truth about stress is not what you’ve been told. When I tell you this truth, you may think it’s no big deal. You might even think it’s a little bit “crazy.” But I can assure you it’s not crazy at all. Not only is it 100% true, but it also has profound implications.

After all, getting clear about this one key point turned my whole relationship to stress around. It also enabled me to finally gain mastery over my stress, after many years of repeatedly failing.

Are you ready for this big secret? The real truth about stress is this.....



**“STRESS”
IS JUST
A
WORD**

(Doc Orman, M.D.)



Yes...this is the key realization! This is what most people don't correctly understand about stress.

The real truth about stress is that **it is just a word**. It doesn't exist in the real world, like a thing or a disease or a distinct condition.

The only place stress exists is in **human language**. It doesn't exist anywhere else.

Stress is simply an abstract concept invented many years ago to stand for other things in life that **really do exist** and that **we really do suffer from**.

Origin Of The Word "Stress"

The term "stress" was introduced in its modern context by Hans Selye, an Austrian-born physician who did much of his pioneering research on stress in Montreal, Canada.

In his 1956 book *The Stress of Life*, Selye states:

"If we are to use this concept (stress) in a strictly scientific manner, it is important to keep in mind that stress is an abstraction; it has no independent existence." (p.43)

As time went on, however, we forgot Selye's warning. As a result, we continue to think stress is a "thing" or "condition" that actually does exist, and that we actually do suffer from.

The Body's Stress Response

Some people, when first exposed to this truth, argue that any legitimate definition of stress must be based upon research-proven physical changes in our bodies.

As a physician, I concur there are indeed many well-documented physical and chemical changes that do occur within our bodies in response to "stress."

This is referred to as the body's **stress response** or the **flight or fight response**, and it is clearly associated with increased amounts of **stress hormones** in the bloodstream.

However, it's as big a mistake to define stress in purely physical terms as it is to define it in any other limited way.

You see, physical and chemical changes in our bodies are only part of the story when it comes to stress. They are not the whole story and should never be thought of this way.

For instance, it is possible to be "stressed" and not have measurable physical or chemical changes in your body. Also, the degree of physical and chemical reactions that occur in different people varies widely, even in response to the same stressful situations.

KEY PRINCIPLE: Stress is just a word

If Stress Doesn't Exist, What Do We Suffer From?

Be assured I am not trying to tell you that any “stress” you experience isn’t real or doesn’t exist for you.

All I’m suggesting is that whenever you think you are suffering from “stress,” you are really suffering from something else.

That something else can take many forms.

For example, when we say we are **suffering from stress**, we often mean:

- We are suffering from anxiety.
- We are feeling frustrated or angry.
- We are excessively tired.
- We have tense muscles in our body.
- We just lost our job or our home.
- We just lost someone dear to us.
- Or many, many other things.

“Stress” Is A Word That Stands For.....

You see, the real truth about “stress” is that it is just a word we use to stand for many different types of **problems** in our lives.

We use the word “**stress**” to stand for:

- Emotional problems
- Physical symptoms and ailments
- Financial or work problems
- Interpersonal problems
- Self-esteem problems
- And hundreds of other problems

KEY PRINCIPLE:
Stress is a word that stands for problems in our lives.

Whenever we say we are “suffering from stress”—we are not.

We are suffering from very real **problems** in our life.

These problems are not just words...they really do exist.

How You Benefit From Knowing “Stress” is Just a Word?

You might think knowing “stress” is just a word, or substituting the word “problems” instead of “stress,” is merely a trivial semantic point.

I suggest, however, it can make a HUGE difference in your ability to cope with stress successfully.

Remember, this was **the one key insight** that eventually enabled me to eliminate most of the stressful problems in my own life. It is also the key insight that enabled me to become a successful author, speaker, and stress coach who has helped many other people.

Here are just some of the benefits of remembering stress is just a word:

Benefits

1. You’ll stop making the mistake of thinking STRESS is your problem.
2. You’ll start focusing instead on the actual problems in your life; this will force you to define your problems more specifically.
3. Instead of asking “How can I deal with my stress?” you’ll begin to ask more focused, problem-specific questions.
4. Your answers to these problem-specific questions will be much more useful than asking yourself “how can I deal with my stress?”

Problem-Focused Questions

Look at the difference between asking yourself “How can I deal with my stress?” and asking yourself the following types of **problem-focused questions**:

1. I seem to be getting angry all the time. I wonder how I can learn to better understand and deal with my anger?
2. I seem to be worrying quite a lot. I wonder how I can learn to deal with worry?
3. I seem to be having recurring financial problems. I wonder what’s wrong with the way I’m thinking about or dealing with money?
4. I seem to be having little success in my interpersonal relationships. I wonder what’s going on? And how can I improve my ability in this very challenging area of life?
5. I’m feeling anxious all the time, my heart keeps racing, I feel sweaty and tense much of the time. How can I better understand and deal with each of these emotional and physical problems?

The benefit of asking these types of questions is they are much more focused on the very real problems you might be struggling with.

Asking “How can I deal with my stress?” on the other hand, immediately puts you at a big disadvantage.

Other Consequences Of Forgetting Stress is Just a Word

There are several other consequences for forgetting stress is just a word.

In the individual stress counseling work I did as a part of my medical practice, people would often come to see me with complaints such as:

- “I’m having trouble coping with my stress”
- “I’ve got a lot of stress in my life right now”
- “Is there anything you can do to help me get rid of my stress?”

Obviously, I knew these people were struggling with many difficult (and very specific) problems.

But the specific nature of their problems remained blurred and poorly defined to them, and to me, as long as they continued to use the non-specific term “stress.”

I also occasionally saw individuals (although mostly they don’t come for help) who made the opposite, but equally costly, mistake—adopting too narrow a definition of what the word “stress” means to them.

This narrow definition causes them to mistakenly conclude they have little or no stress in their lives that could adversely affect their health.

If you ask these people, however, “Do you have any problems in your life?” many of them will quickly acknowledge they do. They just have some other definition of stress (like “being so overwhelmed you can’t function at all”) which makes them think the problems they are having don’t equate to stress, and therefore these problems can’t make them sick. Well, they most certainly can.

There's No Such Thing as Good or Healthy Stress

Another price we pay for failing to appreciate stress is just a word is putting up with unnecessary problems in our lives. This can happen when some well-meaning stress expert or media reporter convinces us that some degree of “stress” is “good” or “healthy” for us.

Many stress experts promote this false belief that there are two types of stress: "good stress" and “bad stress”.

You can say, for instance, that happy or joyous moments like going to some exciting sporting events are examples of “good stress”. Yet in all the years I practiced medicine, I never once had a patient walk into my office and say “Doc, I got real excited at the football game on Sunday. Is there anything you can do to help me with this?”

In other words, we mainly use the term “stress” to refer to things we don't want in our lives—i.e. problems we'd rather not have or that that are detracting from our joy, happiness, health, or success.

Why You Should Reject The Myth Of "Good Stress"

The problem with believing in the myth of good or healthy stress is that you can be conned into thinking:

- some anxiety must therefore be good for you
- some anger or frustration might be good for your health
- some stress is necessary for you to be most productive in your job
- stress is natural and expected for all human beings

None of these mistaken notions about stress are true!

In fact, the medical, psychological, and business literature all support the opposite conclusion—that the less stress (i.e. problems) you have, the healthier, happier, and more productive you will be.

Mission Accomplished

The final and perhaps most important benefit of knowing stress is just a word is that this knowledge sets you apart from the vast majority of people in the world today who are hopelessly struggling to find solutions to a mythical entity called “stress,” which they incorrectly believe is their main problem to be solved.

If you get nothing more from reading this e-book than establishing a new habit of always substituting the word “problems” whenever you hear the word “stress”... your life could be changed in many positive ways.

Congratulations

You now know more about stress than almost anyone else you know.

In fact, you now know the only important thing there is to know about stress....that it doesn't really exist, except in human language, and thus there's no point in spending much of your time hopelessly trying to deal with it.

When you are totally clear about this one key fact....you will immediately recognize that no human being can know any more about stress than you do right now.

Congratulations! You are now a bona fide expert on stress. And, depending upon your reading speed, it probably took you less than 10 minutes to become one.

Big Deal?

So what? Is it really a big deal that you know stress is just a word? Does this truly justify calling yourself an expert on stress?

Well, yes it is a pretty big deal. And yes it does make you an expert...at least about what stress really is.

I wouldn't have wasted your time, or mine, educating you about this key principle if it wouldn't add value to your life.

It really can help you, but only if you begin to consider the implications.

As I've already pointed out, if you continue to go down the path of incorrectly thinking your problem is "stress" when it's actually something else...specific definable problems in your life...you're going to be at a big disadvantage.

You will be much better off if you focus on each of your problems specifically and individually, and then begin to ask yourself how you are going to deal with each one of them more effectively.

In fact, this way of dealing with "stress" is so more powerful than stress management, that I call it "The Ultimate Method For Dealing With Stress."

The Ultimate Method

The **Ultimate Method For Dealing With Stress** can be summarized in three basic steps:

1. Stop trying to deal with "stress" per se, and identify the specific problem or problems you are struggling with;
2. Determine the main causes of each specific problem you are having;
3. Deal with those causes effectively until your "stress" (i.e., problem or problems) get better or completely go away.

You see, once I realized stress was just a word, I gave up trying to manage it or deal with it per se. Instead, I started forcing myself to identify the specific problem or problems I was actually having.

I also became more focused on learning how to better identify and deal with the **underlying causes** of each of those problems.

Since then I've spent the past 30 years learning how to master this ultimate method, while training others to use it as well.

And while this Ultimate Method may seem very simple at first glance, there are many challenges to using it successfully.

For example, you might think most of the causes of stressful problems in your life are pretty obvious and easy to recognize. But many of them are not. And if you don't know how to spot these **hidden causes**, you'll have trouble getting this method to work out.

But it is possible to learn how to do this, and that's what I've spent the past 30 years teaching people to do.

Stress Mastery

Remember, I never promised this e-book would make you an expert on solving all your **problems** in just 10 minutes.

That would have been an irresponsible promise.

But I did promise to make you an expert on "stress," and I believe I've done that even though you didn't think it was possible.

Solving all your stressful problems in life, however, is not as easy. I wish it were, but you could literally spend an entire lifetime pursuing this ever-changing goal.

And managing stress is never going to get you there.

There's a huge difference between managing stress and true stress mastery. To me, stress management is mostly about managing just the

symptoms of your problems. Stress mastery, on the other hand, is making your problems improve or disappear by better understanding and dealing with underlying causes.

You can definitely learn to develop this type of stress mastery in your life.

I know this is true because I've done it myself, and because I've also taught many others to do it as well. But it doesn't happen overnight. It takes a longer-term commitment to learning and improving, along with the courage to question much of what you've already been told.

Hopefully, I stimulated your interest in learning more about mastering stress, and you'll continue to seek out opportunities to learn how to do this.

One Last Thing....

At the beginning of this e-book, I promised to make you a certified expert on stress in 10 minutes or less. So, you might be thinking "OK, he made me an expert about stress...sort of...but I'm certainly not certified by anyone."

Well, I figured out a way to make you a true "certified" expert.

Just go to the final page of this e-book and you will find a formal certificate, from my Stress Mastery Academy. Please feel free to frame it and display it proudly.

Truly, you now know more about stress than most other people.

Please Share This Free E-Book With Others

You have my permission to share this e-book with others. If you agree with me that it contains a very important message that everyone can benefit from, please pass it along.

Email it to your friends and family. Put a link to my blog (<http://ormanstressrelief.com>) on your Facebook page or other social media sites and tell people to go there and download a free copy for themselves.

Also, if you want to explore some additional e-books I've written, most of which focus on particular problems and their underlying causes, such as:

- How To Stop Being Irritable All The Time
- How To Stop Being A Negative Thinker
- How To Forgive Anyone For Anything Anytime You Want
- How To Stop Having Panic Attacks
- Why Relationships Fail and How You Can Avoid This
- How To Stop Being Anxious Every Time You Take A Test
- How To Have A Stress-Free Wedding...

Please visit my Stress And Anxiety Solutions website at:

<http://stressandanxietiesolutions.com>

When you go there, be sure to sign up for my free email notification list, so when new problem solutions are added, you'll immediately get notified by email.

Once again, congratulations on becoming a bona fide expert on stress, and I look forward to sharing more knowledge and skills for eliminating stress with you for many years to come.

Wishing you health, happiness, and much success,

Mort (Doc) Orman, M.D.

*The Doc Orman Stress Mastery Academy
Hereby certifies that the bearer of this certificate*

Is Now A Certified Stress Expert

*By virtue of successfully completing
“The 10 Minute Stress Expert” Training*

Certified in 2011 by Doc Orman, M.D.