

# How To **RELIEVE STRESS**

**Without Managing It!**



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NOTE: Here are some alternate titles for this e-book:

- How To Reduce Stress Without Managing It!
- How To Eliminate Stress Without Managing It!
- How To Overcome Stress Without Managing It!
- How To Handle Stress Without Managing It!
- How To Deal With Stress Without Managing It!
- How To Cope With Stress Without Managing It!
- How To Get Rid Of Stress Without Managing It!
- How To Control Stress Without Managing It!

# How To Relieve Stress Without Managing It!

Dear Friend:

Wouldn't you love to know how to eliminate any type of stress in your life, quickly and easily, without having to manage it?

Think this is impossible? Well it is not!

I'll explain in this e-book that you definitely can learn how to do this. In fact, thousands of people are successfully dealing with stress in just this way.

It all starts with knowing how to think about stress with a new mindset.

In this e-book, I'm going to cover **four key points** that will help you better understand the real truth about stress: what it really is, what causes it to occur, and what you should do about it.

These four points are:

1. How popular **myths** and **misconceptions** about stress are keeping you from dealing with stress more successfully.
2. Why **managing stress** is not your best coping option.
3. How to correctly understand what **causes** your stress to occur.
4. How you can change the way you **think about stress**, so you have much less of it, and much more health, happiness, and success in your life.

I am also going to share with you several high-quality, online **stress relief resources**, that are absolutely free, and that can also help you improve the way you think about stress (and cope with it).

## **Why Listen To Me?**

Should you pay any attention to what medical doctors say when it comes to advice about coping with stress? Do physicians really understand stress all that well?

The answer is no, we don't.

We may know a good bit about the consequences of too much stress, especially its effects on our bodies and the many health problems it can produce. But when it comes to helping people eliminate stress, or dealing with our own personal or professional challenges, we physicians are no more knowledgeable than anyone else.

I know this is true because I practiced Internal Medicine for 23 years, and during that time, I encountered a large number of stressed out colleagues. I also know this because I was a highly-stressed physician myself, and because little of what I learned about stress in medical school was helpful to me, nor was it helpful to my patients.

## **Not Your Typical Doctor**

So don't listen to me just because I went to medical school and have the letters M.D. after my name.

I invite you to listen to me because I am not a typical medical doctor. About 30 years ago, I recognized that most of what I was taught about stress in medical school wasn't really true. I then spent several years researching better ways of thinking about and understanding human stress, and this eventually enabled me to have major breakthroughs in my own ability to deal with stress successfully. For the first time in my life, I was able to take control over my stress, instead of stress having the upper hand over me.

And the benefits were truly amazing. After many years of hopelessly struggling to control my emotions, especially strong negative emotions like anger, guilt, frustration, fear, worry, and sadness, I finally discovered what was really causing these emotions to occur. And the new insights I gained enabled me to get rid of these bothersome emotions faster than ever before.

I was also able to dramatically improve the quality of my relationships. Virtually every area of my life, where I previously experienced high levels of stress, quickly turned around. And as I kept learning and discovering many new things about stress, that ran counter to popular beliefs, I decided to teach what I had learned to others.

In 1981, I taught my first stress mastery course to employees at the hospital where I completed my medical residency. Since then, I have conducted many additional seminars and workshops for thousands of individuals, including doctors, nurses, veterinarians, college students, business executives, and even the F.B.I.

I have authored several books and special reports about stress, including one of the best books on the subject ever written, called *The 14 Day Stress Cure*, which received a top book-of-the-year award from the National Association of Independent Publishers in 1992.

I am also founder of The Stress Mastery Academy, and I run a small non-profit health education organization that has sponsored National Stress Awareness Month in the United States, every April since 1992.

I recently launched a stress relief website and blog (<http://ormanstressrelief.com>) to share what I have learned about stress during the past 30 years with a larger audience of people all around the world.

So don't listen to me just because I am a physician. Consider listening to me because I've learned how to master stress in my own life, and because I've successfully taught others to do the same.

## **You Too Can Learn How To Master Stress**

I wrote this e-book to let you know that you too can learn how to master stress in your life, no matter how much you may have struggled with stress in the past.

How do I know this?

I know this because I was able to learn how to master stress in my own life, and because I have no more natural talent, intelligence, or natural abilities than you have. The only thing I might have, that you don't, is some professional knowledge about how to practice medicine, but this was actually a hindrance to my being able

to free myself from stress. So you're even better off than I was, because you don't have all this "sacred" knowledge (much of which wasn't true) to overcome.

So yes, you can learn to master stress in your life. But it's not going to happen overnight.

There is no "quick fix" or magic formula that will enable you to do this. It will take some work and some dedication on your part, but not as much as you might think. It will also require you to have an open mind, and to be willing to challenge much of what you currently believe to be true about stress.

There is also no simple list of "10 Quick Tips To Help You Transform Your Understanding Of Stress." True "transformations" of this kind don't happen from tips. In fact, it's foolish to think that simple tips for dealing with stress, no matter how wonderful they may be, will really make a lasting difference in your ability to gain more control over stress in your life.

To develop true mastery over stress, you will need to commit to becoming a learner. You will need to become a student of human stress. You will need to be comfortable with being a "beginner" once again, so you can accumulate new insights and new coping strategies that might not give you relief from your stress right away, but that over time, with more understanding and practice, will ultimately lead you to less stress and tension in your life.

## **Congratulations! You're On The Right Path**

Your path to stress mastery begins right here...with this short introductory e-book. I'm going to give you a roadmap to follow, and if you are interested in achieving this goal, or even if you just want to know a little more about it, I think you'll find this guidance very helpful.

You're already on your way. The first thing you need to do is understand the four key points I told you I'm going to cover in this publication. Then, once you've been introduced to these four points, you can take additional steps to learn even more about them, and about how they can expand your ability to relieve stress in your life.

As I've said, you shouldn't be in a hurry to have all your stress quickly disappear. Yes, it would be great if I could show you how to do this, but I can't.

What I can do, however, is teach you how to fundamentally change the entire way you think about stress. I can help you build a new foundation of understanding that will serve you well for many years to come. And once you have this new foundation in place (not before), you will then be able to start using it to make most types of stress in your life quickly disappear whenever you want.

Have patience....Grasshopper! The stress relief results you so dearly want will eventually come to you in time. But first, we need to get busy building your new foundation of understanding.

## **Myths And Misconceptions About Human Stress**

We live in a world today where stress is almost universally misunderstood. We live in a world where myths and misconceptions rule the day, and where they keep us from dealing with our stress successfully.

For example, most people misunderstand what stress really is...and what it is not.

Most people believe that stress is a "thing" or "condition" that actually exists and that human beings frequently suffer from. This is pure nonsense.

**KEY PRINCIPLE: THERE'S NO SUCH THING AS "STRESS"!!!**

This may sound crazy, at first, but there is truly no such thing as stress. Not really.

You see, "stress" is JUST A WORD THAT WE USE to stand for all sorts of other problems in our lives.

For instance, we commonly use the word "stress" to stand for negative moods and emotions, such as anger, frustration, worry, or guilt. We use the same term "stress" to refer to a whole range of relationship and interpersonal problems. We also use it to refer to problems at work, problems at school, financial troubles, fear of public speaking, and many other everyday difficulties.

We even use the word "stress" to refer to physical sensations in our bodies, such as tense muscles, feeling irritable, feeling fatigued, and much more.

Thus, whenever you think you are suffering from "stress," you are not.

You are suffering from very real PROBLEMS in your life, and these problems are not just words. They really do exist, and they really do bother you. And they really can make you unhappy, unsuccessful, miserable, and sick.

The key thing to remember here is that "stress" is NEVER, EVER your problem.

Something else always is.

And that something is those very real problems in your life that you really want relief from, not some abstract concept called "stress," which nobody can ever deal with.

NOTE: To learn more about this first key principle, you can download and read my free e-book "How To Become An Expert On Stress In 10 Minutes...Guaranteed!" Just go to [www.facebook.com/whatisstress](http://www.facebook.com/whatisstress) and "like" the page, and you'll be able to immediately download this free resource.

## **Managing Stress Is Not The Answer**

Another very common myth, that almost everyone believes in today, is that the best way to deal with stress is to manage it. This is balderdash.

You see, managing stress is actually a very poor strategy for dealing with your problems. Sure, it's a heck of a lot better than using cigarettes, alcohol, illegal drugs, or overeating to cope with your stress, but it has a number of significant drawbacks that are not usually acknowledged by proponents in this industry.

The main reason why managing stress is such a poor coping strategy is because, for the most part, stress management techniques deal with only the SYMPTOMS of your problems. They rarely help you better understand or deal with the underlying CAUSES of your day-to-day difficulties.



As I'm sure you're aware, if you only address the symptoms of your problems, most of your problems will continue to occur, and you'll never be free of them. Even worse, all the negative consequences that these stressful problems can produce for you, such as irritability, poor health, poor sleep, etc., will continue to plague you throughout your life.

Thus, while you may think you are doing yourself a favor by trying to manage your stress, you may actually be doing yourself harm in the long run.

## **The Difference Between Stress Management And Stress Mastery**

The main difference between stress management and stress mastery can be summed up as follows:

- Stress management deals mainly with just the symptoms of your recurring problems in life;
- Stress mastery is the art of knowing how to eliminate your recurring problems by identifying and then dealing with their underlying causes.

That's the big difference...in a nutshell. And it's an extremely important one.

I don't know about you, but I'd much rather know how to deal with the causes of my problems, than endlessly spin my wheels trying to "manage" just their symptoms alone.

Now don't get me wrong, many stress management techniques, such as adopting a healthy diet, regular physical exercise, meditating, practicing yoga, or using other relaxation strategies all have positive, health-enhancing benefits.

And there is absolutely nothing wrong with taking advantage of these benefits.

But when it comes to choosing your best coping option for dealing with stressful problems in your life, I think most people would agree that it's usually better to deal with **underlying causes** than to simply attend to symptoms alone.

## You Need To Start Getting More Specific

If you are going to go after the underlying causes of your “stress” (i.e. stress mastery), the first thing you need to do is to get more specific.

You see, once you understand that "stress" is just a word that stands for multiple specific problems in your life, this new way of thinking will force you to get much more specific about the problem or problems that are actually troubling you.

- Are you getting angry all the time?
- Are you feeling frustrated?
- Are you having difficulty getting to sleep or staying asleep?
- Are you having physical problems?
- Family problems?
- Marital problems?
- Work problems?
- Money problems?
- Self-esteem problems?

This is the **first critical step** on the path to true stress mastery.

On the other hand, our stress management mentality, which prevails just about everywhere today, teaches us to lump all our problems together and then think of them as one composite problem called “stress.” This is a terrible way to think, because it robs you of the clarity and focus you need to zero in on your problems individually, so you can identify their causes and then deal with these causes effectively. No wonder why people find eliminating stress so difficult today, and why they believe (quite incorrectly) that achieving stress mastery is not really possible for them.

## How Does Getting More Specific Help?

If all you are interested in is managing just the symptoms of your problems, you don't need to bother with getting more specific.

But if you want to go for stress mastery, and learn how to identify and deal with **underlying causes** instead, you will absolutely need to develop this skill.

The reason is that specific problems always have very specific causes. And once you become good at learning how to identify these specific causes (many of which are hidden from your view), you'll be able to make most types of "stress" in your life quickly disappear, without needing to use drugs, relaxation exercises, or other time-consuming stress management techniques.

## **You'll Be Amazed How Easy This Is!**

The very best way to cope with any stressful problem in life is NOT to manage just its symptoms, but rather to:

Step 1: Specify the individual problem or problems you are having.

Step 2: Identify the major causes of each problem.

Step 3: Deal with those causes until your "stress" (i.e. problems) either improve or completely disappear.

I call this three-step approach "The Ultimate Method For Dealing With Stress," and once you learn how to use it, your ability to deal with any type of stress in your life will improve dramatically.

I've spent much of the past 30 years teaching people how to accomplish each of these three important steps. And the results people have achieved, once they learn how to use this method successfully, are truly remarkable.

Of course, you can continue to use stress management techniques, if you like, since they all have positive benefits (improved stamina, increased well-being, greater relaxation, etc.).

But once you get good at identifying and dealing with the underlying causes of your problems, you will no longer have to be **DEPENDENT** upon stress management as your **ONLY** coping strategy.

**WARNING:** Before you change any of your present stress-reducing practices, discuss your intentions with your physician, therapist, or other health care provider. If you abandon your current stress management coping strategies prematurely, (i.e., before you have fully mastered alternatives such as those mentioned in this e-book) you could cause yourself harm.

NOTE: To learn more about additional drawbacks of managing stress, you can download and read my free e-book “10 Good Reasons Why You Shouldn’t Manage Stress.” Just go to [www.facebook.com/tipsforstressrelief](http://www.facebook.com/tipsforstressrelief) and “like” the page, and you’ll be able to immediately download this additional free resource.

## **Here’s Where Things Get Interesting...**

People who are extremely skillful at coping with stress don't waste time managing just the symptoms of their problems. Instead, they focus on the underlying CAUSES of their day-to-day difficulties.

Then, they deal with those causes directly, and guess what happens?

Poof!

Their stress quickly and naturally lessens or, in many cases, completely disappears.

Most people today, however, find it difficult to cope with stress in this way. Not because they lack the ability, but because they haven’t been trained to effectively deal with stress in this fashion.

Most importantly, they haven’t been properly trained to understand the true causes of stress in their lives. And they haven’t been taught to appreciate the difference between obvious and non-obvious causes of their reoccurring problems.

## **Obvious vs. Non-Obvious Causes**

Most of us have been taught to focus on just the OBVIOUS causes of our day-to-day difficulties. We haven't been taught to recognize or understand all the NON-OBVIOUS (i.e. hidden) causes that are also commonly involved.

And without these additional puzzle pieces, we end up badly misunderstanding what is causing our stress to occur. If you only consider obvious causes, your efforts to deal with causes, rather than symptoms, will usually fail. On the other hand, once you know how to identify these hidden causes as well, your ability to deal with the underlying causes of your problems will increase substantially.

Interestingly, you don't have to be a psychiatrist, psychologist, or even a college graduate to recognize most hidden causes of stress in your life. They're not very hard to understand, nor are they all that difficult to conquer.

It's just that nobody has taught us how to do this. So, for the most part, these causes remain INVISIBLE to us, and therefore go unaddressed.

For example, if I asked you to name the six most important hidden causes of stress in most people's lives by filling in the blank spaces below, could you do it? Could you name even three?

- 1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_  
4) \_\_\_\_\_ 5) \_\_\_\_\_ 6) \_\_\_\_\_

I'm NOT talking about the OBVIOUS causes, like your boss, your job situation, your money situation, your family, your health, etc. I'm talking about the HIDDEN CAUSES that most people don't normally recognize.

You see, it's their INVISIBILITY, not their complexity, that makes them hard to appreciate.

But people who KNOW how to fill in all these blanks are the very same people who know how to make stress easily disappear, while millions of others continue to suffer needlessly.

## **Which Group Do You Want To Be In?**

Remember those magazines containing hidden picture games you probably enjoyed as a child? Well, think of identifying the hidden causes of stress as being very similar.

With hidden picture games, you start off knowing, IN ADVANCE, which hidden objects to look for. This is because there's usually a list printed below the picture, telling you exactly which hidden objects should be the focus of your search. What if you had the same type of advanced knowledge about the hidden causes of your stress? Wouldn't this make identifying these hidden causes much, much easier?

That's why I'm so excited about the strategies and tools I've developed during the past 30 years that have helped people learn how to identify these hidden causes.

NOTE: I will tell you later on how to access an amazing series of four free e-book trainings (and what's included in each) that will help you better understand the hidden causes of stress in your life. You won't want to miss these trainings, and they are absolutely free. You can get them on the website where my blog is posted at <http://ormanstressrelief.com>, or you can simply click on a link that I'll provide you at the end of this publication.

## **Make Your Negative Emotions Quickly Disappear**

Would you like to know how to make negative emotions, like anger, guilt, frustration, fear, worry, and sadness, quickly disappear whenever you want?

And would you like to know how to do this without needing to use drugs, relaxation exercises, or any other stress management techniques?

Well, I've developed an advanced stress mastery training course that can teach you exactly how to do this. Like learning how to master any type of stress in your life, it all stems from knowing how to accurately pinpoint, and then deal with, the hidden causes of each of these emotions.

This 6 CD and Study Guide course, called "Overcoming Negative Emotions" teaches you how to quickly and accurately pinpoint the **key hidden causes** for each of the six negative emotions below:

- \* Anger
- \* Guilt
- \* Frustration
- \* Fear
- \* Worry
- \* Sadness

## **Do You Ever Get Angry From Time To Time?**

Take the emotion ANGER for example. Think of a time in the past when you became very angry. Perhaps someone lied to you, stole from you, betrayed you, or intentionally tried to cause you harm.

Focus, for a moment, on what the other person did to make you angry.

Good. Now you've identified HALF the puzzle pieces (the OBVIOUS causes that most of us normally see).

However, if these are the only causes you know how to identify, you won't be able to make most types of anger quickly disappear.

But, if you were trained to know how to quickly identify the other half of the puzzle pieces, namely the HIDDEN CAUSES of anger (which very few people know how to recognize), your options for dealing with this emotion would expand tremendously.

Of course, you could spend years trying to figure this all out yourself, as I did, or you could spend thousands of dollars on psychotherapy (as I also did) and still, in many cases, not gain this valuable understanding. Or you could simply take advantage of my advanced training program and learn how to do this in just a matter of hours.

NOTE: In the series of four free e-book trainings I mentioned earlier, I'll teach you, in the fourth and final installment, exactly what these hidden causes of anger are, and I'll also give you a simple tool that will enable you to always recall these hidden causes, whenever you feel angry—about anything.

### **Caution: You're Not Ready For My Advanced Course Just Yet**

I can teach you how to gain amazing control over your own negative emotions, in due time, as that's exactly what my advanced training program "Overcoming Negative Emotions" is designed to do.

But at this early stage, you're not ready for such an advanced level course right now. You need to keep building your new foundation of understanding, so you'll

have the background that is needed to take full advantage of a program such as this.

In a few moments, I'll give you a roadmap to follow, that can help you to build up and strengthen such a new foundation, but first let me tell you how I think this will benefit you.

## **You Don't Have To Keep Struggling With Stress**

When I was a practicing physician, I saw the harmful effects of stress every day...unhappy lives, poor relationships, family conflicts, depression, despair, sometimes even suicide.

I also saw the frightening toll stress can have on people's health in the form of strokes, heart attacks, high blood pressure, and other health-related problems. Even worse, many people turn to smoking, alcohol, illegal drugs, or overeating to cope with their stress, which only puts them more at risk.

## **You Can End All That**

I can teach you how to identify the hidden causes of your stress. I can also show you proven ways to defeat these hidden causes consistently.

The three-step Ultimate Method that I outlined earlier, and have taught to people for more than 30 years, can certainly help you, just as it has helped thousands of others.

It doesn't matter how long you've been suffering, or how unsuccessful at coping with stress you may have been in the past. This coping method works, even for the most serious types of stress.



## **You'll Love The Joy And Freedom Of A Stress-Free Life**

Believe me, I know what people go through trying to cope with their stress.

I know the sense of helplessness and quiet despair.

But I also know the joy people experience once they learn a dependable method for getting rid of stress and overcoming their daily problems.

So if you feel stressed at work, or you snap at your fellow employees from time to time, my stress-relief methods can help.

If you want more peace and harmony in your personal relationships, or if you worry all the time, or if you can't get a grip on your finances, my stress-relief methods can help.

If stress is causing you physical problems--high blood pressure, headaches, heart disease, stomach troubles--you'll be especially grateful for what my stress-relief methods can do for you.

And once you understand the secrets of my unique and powerful stress relief approach, you'll be able to use the principles and strategies I'll teach you to make most types of stress in your life quickly disappear whenever you want.

And you won't need to rely upon drugs, cigarettes, food, alcohol, exercise, biofeedback, or other time-consuming "stress management" techniques to obtain this relief.

Once you become confident in your new ability to quickly rid yourself of stress, your mind will become clearer, your attitude will improve, and...you'll feel better than you've felt in many years!

And best of all, you can get much of this training absolutely free!

## **Praise From Others About My Stress Relief Approach**

Here's what just a few of my former students have said about my unique approach to both understanding and dealing with stress:

"I've been attending seminars on how to reduce my stress for years. After listening to your advice, I now realize that all these seminars were nothing more than band aid approaches. Your programs have shown me how to alleviate not just the symptoms of my stress, but the hidden causes as well. You have my unrestricted permission to use these comments in any and all of your promotional materials."

Ken Varga  
Lakewood, NJ

"Absolutely amazing! I listened to your audios for the first time while doing my 3-mile walk each morning. I now listen to them and review them constantly. There isn't a person I can think of who couldn't benefit from your outstanding insights and advice."

Edward Starr  
Pompano Beach, FL

"Loaded with fantastic information I could put to use immediately. If this doesn't resolve your stress problems, nothing will!"

John Kypriotakis  
Cleveland, OH

"Do yourself a favor and put your skepticism, doubts, and past experiences with other stress programs aside. This information is incredible, and I'm not exaggerating. I can honestly say that my ability to deal with my own and others' stress has improved tremendously!"

Jonathan Greenburg  
Calabasas, CA

Here is what a few other authors have said about my award-winning **14 Day Stress Cure** book:

"Stress is one of the most overused and misunderstood concepts in today's society. Mort Orman's brilliant book provides a fresh, common sense approach to finally understanding what stress really is, what causes it to occur, and how we can eliminate it."

Michael Greenberg, M.D.  
Author of **Off The Pedestal**

"Years of clinical wisdom have melded to produce an entirely new synthesis about stress and health. Dr. Orman has written a book that is both marvelously human and easy to read. The physician, healer, and teacher is immediately apparent."

James P. Lynch, Ph.D.  
Author of **The Broken Heart**  
and **The Language Of The Heart**

"Dr. Orman's new book will definitely change the way health professionals and other people are educated about stress. I highly recommend it to any medical student, nursing student, psychologist, or other health care professional."

John-Henry Pfifferling, Ph.D.  
Director, The Center For Professional Well-Being

"Dr. Orman's book is a wise and compassionate analysis of the major problems which cause stress in people's lives. He clearly shows how each of us can take charge of ourselves and find relief from our emotional burdens."

Nina Tassi, Ph.D.  
Author of **Urgency Addiction**

"I love recommending this book to my patients, because it goes way beyond the usual 'how-to' advice about stress. I believe Dr. Orman has achieved an important new milestone for promoting health and well-being."

Richard Feinbloom, M.D.  
Author of **Medical Choices, Medical Chances**

## Here's Your Roadmap For Getting Started

The beauty of learning about my unique approach to dealing with stress is that once you understand the principles, and once you master some of the key coping strategies, you can then use this knowledge to deal more successfully with virtually any type of stress in your life.

You can use it to deal with problems such as worry, guilt, fear, panic attacks, marital conflicts, and job-related difficulties.

You can use it to deal with the stress of raising children, the stress of public speaking, the stress of retirement, and just about any other stressful problem you might experience.

Again, it all boils down to how well you understand the hidden causes of each of these stressful problems. And then whether you know how to defeat those hidden causes, once you correctly identify them.

I'm going to give you a step-by-step prescription, or roadmap to follow, for how to get started learning what it takes to develop true stress mastery. Most of the resources I'm about to share with you (or have already highlighted) are totally free. Taken together, they will give you an excellent introduction to what stress mastery is all about and what will be required of you if you want to seriously pursue this goal.

Then, after you've learned some of the basics, and have a new foundation of understanding human stress in place, you can decide if you want to go on to more advanced levels of training (which aren't free but aren't expensive either).

Here's what I recommend you do **right now**:

- 1) Go to <http://ormanstressrelief.com> and sign up to receive my free monthly email newsletter.

**Benefit to you:** This newsletter focuses on one key hidden cause of stress each month. You will also receive weekly emails between issues that will further clarify how that featured hidden cause can produce stress in your life.

- 2) While you are at my website and blog, also sign up to receive a weekly digest of my Monday, Wednesday, and Friday blog posts, which will be automatically sent to you via email every Sunday.

**Benefit to you:** This is a very convenient way to keep up with my weekly blog posts, without having to remember to come back and visit the site. It also ensures that you won't miss any posts.

- 3) Also, while you are at this site (very important), go to the top of the page and click on the link "Common Myths About Stress" in the red/orange banner located at the very top of each page. This will allow you to immediately download (no email required) the first of my four free introductory trainings. Read this first training all the way through (it's a 30-page PDF e-book with lots of big type and clear white space...so it reads very fast). You can also download it from here, just by clicking on this link: <http://ormanstressrelief.com/freestresstraining1A.pdf>

**Benefit to you:** This series of four, totally free, introductory stress mastery trainings is the beginning of your formal training on how to achieve stress mastery in your life. This first PDF training in the series goes over most of the points I cover in this e-book. But it's important that you read it, and fully understand it, before you move on to the remaining three trainings in the series.

- 4) After reading this first training all the way through, follow the directions at the end to sign up to receive the remaining three trainings via email. Be sure to use a working email address, and check your spam folder, because you won't want to miss any of these three eye-opening trainings.

**Benefit to you:** These last three trainings in my four-part introductory series will teach you how to properly understand the **hidden causes** of your stress. They explain what these hidden causes are, where they come from, and how they produce stress in your life. Most people are totally unaware of the role that hidden causes play in their lives. However, once you finish reading all three of these outstanding trainings, you will no longer be a member of that group.

- 5) Go to <http://facebook.com/whatisstress> and “like” the page, so you can download a free copy of my e-book “How To Become An Expert On Stress In 10 Minutes...Guaranteed.”

**Benefit to you:** I’ve already recommended this additional free e-book to you, but it’s a fun read that hopefully you’ll enjoy, and once you’ve completed it, you can pass on the link to this Facebook page to your friends. It’s a great way to introduce them to the benefits of stress mastery as well. Also, at the end of this short e-book, you’ll get a really cool certificate, validating that you are now a “certified expert” on the subject of stress.

- 6) Go to <http://facebook.com/tipsforstressrelief> and “like” this page too, so you can download another free e-book called “10 Good Reasons Why You Shouldn’t Manage Stress.”

**Benefit to you:** This is another fun read, that I also suggested to you earlier, which will expand your awareness about additional drawbacks of managing stress. You may also want to share the link to this Facebook page with your friends.

**NOTE:** You may find a good bit of repetition between this e-book, the two other individual e-books, and the four free e-book trainings that are all mentioned above. This repetition is actually a very good thing, since your goal is to radically change the way you’ve been conditioned to think about—and understand—human stress, and the more repeated exposure you get to these new ways of thinking, the stronger and more lasting your new foundation of understanding will be.

## **Just Follow These 6 Simple Steps**

So there you have it. All you have to do is follow the 6-step roadmap I’ve laid out for you...and you’ll be well on your way to learning how to achieve true stress mastery.

Whatever you decide to do, I hope you at least learned a few new things about stress from this e-book. For instance, I hope you now know that managing stress is not your only coping option. I also hope you've learned that "stress" is never your problem (something else always is), and in order to truly free yourself from recurring stress in your life, you’ll need to understand how to attack the

underlying causes of your problems, not just focus on managing or masking their symptoms alone.

I look forward to sharing many more secrets for mastering stress with you that I've discovered during the past 30 years. Hopefully, you'll find them just as valuable, and just as personally rewarding and stress-relieving as I have.

Wishing you much health, happiness, and success in your life,

Doc Orman, M.D.  
Your Personal Stress Coach

## About Doc Orman

Mort (Doc) Orman, M.D. is a Board-certified Internal Medicine physician who has been helping people learn how to eliminate stress— without having to manage it— since 1981.

He is a graduate of Duke University (B.A. 1969) and the University of Maryland Medical School (1973).

He is Founder and President of the Health Resource Network, Inc., a non-profit health education organization that has sponsored National Stress Awareness month in the U.S., every April, since 1992. He is also a co-founder of the Society for Professional Well-Being, a national association for the prevention of stress in physicians and other health care professionals.

Doc Orman has lectured widely about stress for both health professionals and the public. He has also written numerous books and articles about human stress, including an award winning book, *The 14 Day Stress Cure*, which received a top non-fiction book-of-the-year award (1992) from the National Association of Independent Publishers.

In the courses he offers through his Stress Mastery Academy, Doc Orman shares many of the insights and coping strategies he uses in his own life, and that have helped thousands of people deal with stress more successfully.



## **About The Stress Mastery Academy**

The purpose of Doc Orman's Stress Mastery Academy is to provide you and others around the world with high-quality, innovative educational programs designed to improve your health, expand your happiness, and maximize your success in areas of life that are important to you.

Advanced training courses that are either available now, or that will be offered soon, through The Stress Mastery Academy include:

- Overcoming Negative Emotions
- Overcoming Relationship Stress
- Overcoming Stress at Work
- Overcoming Stress at School
- Dealing With The Stress of Illness in A Loved One
- Overcoming Public Speaking Fear
- Dealing With The Stress of Deaths, Disasters, and Other Major Tragedies
- Dealing With The Stress of Major Life Changes
- Understanding the Complex Relationship Between Stress and Your Health
- Dealing With The Stress of Retirement

You can find out more about Doc Orman and his Stress Mastery Academy by visiting his website and blog <http://ormanstressrelief.com>.

You can also follow him on his main Facebook Fan Page at <http://facebook.com/beststressrelief> or on Twitter @Doc\_Orman.