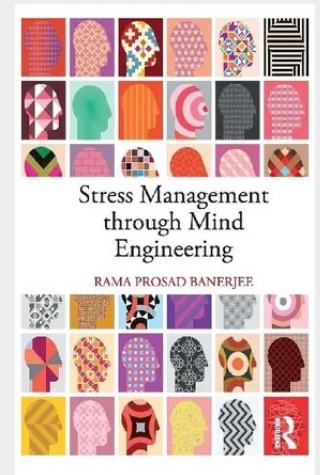


Stress Management through Mind Engineering

Experiencing stress in our everyday life is only human. Be it altercations with peers, upcoming deadlines or unnerving life events which can't be controlled. There's good stress that motivates us, and there's stress that's unhealthy; it controls our thoughts and feelings, leading to insomnia, heart diseases and even mental health issues. So how do we stop sweating over small things and start living blissfully? Stress Management through Mind Engineering takes the readers through the process of mind engineering to help them create a stress free mind. A mind that can bear the force of the external environment by tapping the power within. Read this book to not only win over stress but also eliminate the risk of burnouts, understand the cause of high stress, reflect on one's actions and behaviour and ultimately live a happier, healthier life.

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