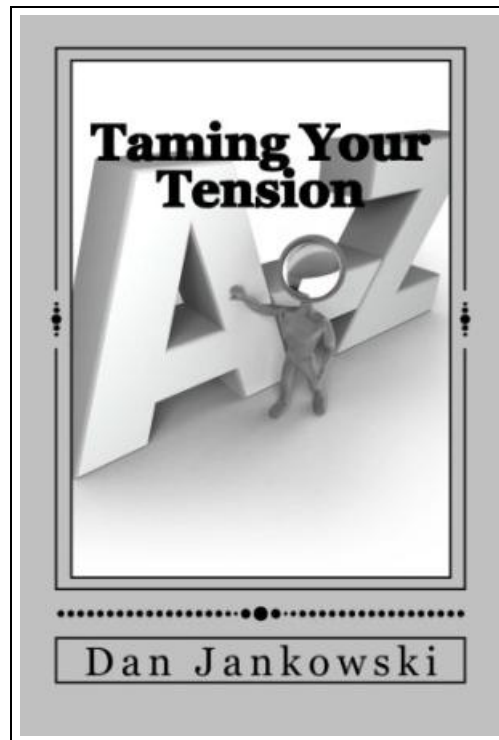


Taming Your Tension (Paperback)



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TAMING YOUR TENSION (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Taming Your Tension focuses on life s many pressures. According to the American Heritage Dictionary, tension is defined as the act of stretching or the condition of being stretched. Stretching a rubber band beyond its tension limits will eventually cause it to snap. So it is with all of us. You may lose control on the road with the driver in front of you; you see red when a coworker accuses you of not pulling your share of the load; you blow up when you discover your spouse is having an affair. Just like the rubber band, you may eventually snap when tension expands beyond the breaking point. If you let stress get the best of you, though, you may experience more pain than simply the sensation of the rubber band snapping. Methods of coping with stress may be likened to enduring a toothache. You may seek short-term relief with oral analgesics or a topical anesthetic, and perhaps for a while, you may even learn to live with the pain. Nevertheless, when the medication wears off and the pain returns, you still have the toothache. Despite your efforts, nothing short of getting to the root of the problem and eliminating the decay will help you for the long term. It is much the same with stress. When the pain from tension persists, you may seek help from a variety of stress management approaches that are valuable to some extent, offering stress relieving techniques, such as meditation, biofeedback, exercise, positive thinking, and prescription medication, to name a few. However, while they may provide temporary relief, they only treat the symptoms of your stress. They may reduce the immediate discomfort, but do...



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