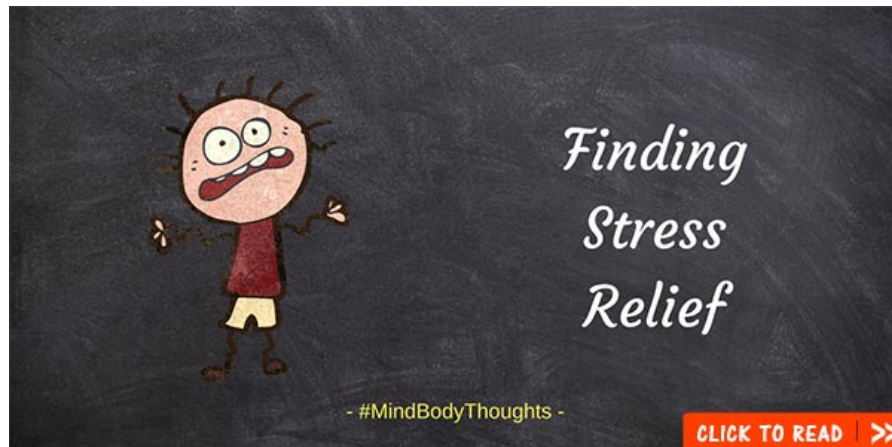


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Finding Stress Relief

Can we actually avoid stress and find stress relief? Read these blog posts to understand stress more.

- **Finding Stress Relief**

Stress impacts the body in so many ways that we are at an epidemic problem now in our country and throughout the world. We do very little that is effective in dealing with it and we cling to things that provide little more than the placebo effect. [<<read more>>](#)

- **Avoiding Negative People and Stress**

Avoiding negative people and avoiding stress makes for great bumpers stickers and memes online. Unfortunately, it is so far off the mark. It takes you into numbing and avoidance, not awareness and consciousness. [<<read more>>](#)

How do you deal with stress?.

Don

Don't forget to check out my blog at

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