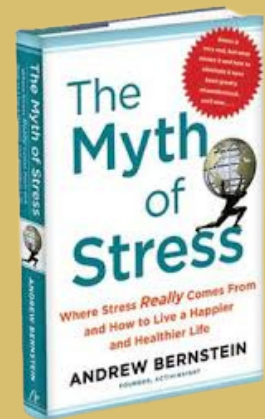


# STRESS MANAGEMENT



**"The Myth of Stress"** Price point: ~\$20  
amazon.com

Author Andrew Bernstein looks at stress in an entirely different way than we've traditionally thought. Most would say to reduce stress you need to increase your happiness; however, he argues to reduce stress we must decrease the unhappiness in our lives.

## The Human Being Journal

Price point: \$45

<https://www.humanbeingjournal.com/>

We are called human *beings*, not human *doings*. This journal offers guided questions to help you think, reflect, and simply 'be' present.



## 60 Day Reset

Price point: ~\$100/mo

<https://www.abbyenglandwellness.com/60-day-reset-diet/>

Stress is often an overlooked pillar of health. In the Reset Group Coaching program, you'll identify which stress management techniques could serve you best in your life.

**60-Day Reset Diet**  
Virtual Group Coaching Program

