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Stress Free Habit: Powerful Techniques for Health and Longevity from the Andes, Yucatan and the Far East

By John Perkins

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Stress Free Habit: Powerful Techniques for Health and Longevity from the Andes, Yucatan and the Far East, John Perkins, To achieve material success in a technologically advanced society, it may be necessary to subject yourself to a great deal of stress. However, it is not necessary to stay tense. The president of Independent Power Systems International, John Perkins manages large-scale projects aimed at conserving energy and improving the environment. The Stress-Free Habit is the result of his twenty years of experience as a management consultant to governmental organizations and businesses in countries as diverse as Ecuador, Indonesia, Egypt, Mexico, Iran, and Saudi Arabia. The author points out that stress is all around us and, while it is often useful and even essential, it can also be extremely harmful. While other cultures incorporate very specific methods of stress management as part of their daily routines, such methods are noticeably absent from the fabric of modern Western culture. Perkins emphasizes that we can--and should--seek out these techniques wherever they are to be found and put them into practice in our own lives. Throughout his travels and contacts with a variety of native...



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