



Life in the Stress Lane: Unravel the Problems "Driving You Nuts"

Dr. Stuart Atkins

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Life in the Stress Lane emphasizes techniques that uproot the causes of stress - problems from people and troubling events. It goes beyond meditation, visualization, relaxation, and exercise to solving problems or tolerating them, unraveling the five thinking patterns that keep us tangled inside of problems and slow us down. It features easy-to-apply tolerance techniques help us be patient when a problem can't be solved right away - or at all. It further shows how to resist self induced stress and stop other people from rubbing us the wrong way and after reading about a technique, and "seeing" it in action, a try out section gives time and space to try it on a problem.

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