



# **Instant Inner Calm: Simple Stress Management Strategies To Increase Clarity, Creativity and Calm (60 Minute Success Series)**

*Aleks Srbinoski*

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# Instant Inner Calm: Simple Stress Management Strategies To Increase Clarity, Creativity and Calm (60 Minute Success Series)

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## **Instant Inner Calm: Simple Stress Management Strategies To Increase Clarity, Creativity and Calm (60 Minute Success Series) Aleks Srbinoski**

Discover and immediately implement these essential tools in just 1-2 hours.

Stress kills! Not only do high levels harm you physically, stress kills your creativity, your clarity and your productivity. So what is the best way to manage stress? Answer: by not focusing on it in the first place. Having a detailed analysis of stress symptoms and coping strategies is not the best way to overcome anxiety and change your life. Rather, the key to stress management is to be calm. Using the rapid calming secrets outlined in this book, you can make calmness a part of your personality.

In this easy to read and apply '60 Minute Success' book, you will find 7 key secrets to instant inner calm. The fast acting and proven emotional intelligence enhancing strategies outlined include:

- Generate a deep sense of calm and peace in as little 20 seconds with a scientifically proven rapid relaxation exercise
- Increase your sense well-being and access the creative parts of your mind with a simple and practical meditation exercise that can be done in just a few minutes, rather than hours
- Master a short and highly effective self-hypnosis process used by professional athletes, allowing you to create and complete empowering goals with confidence and conviction
- Prevent stress and increase mental clarity by learning how to rapidly and regularly release "calming chemicals" in your brain through a counter-intuitive secret to calmness
- Manipulate and modify your environment in ways that constantly trigger pleasurable feelings and productive habits.
- Achieve highly influential and inspirational levels of calmness in a step-by-step process where you easily and effectively influence others into feeling calm, open and positive towards you... even if they don't want to!
- And much more.

Instant Inner Calm is a highly practical easy to follow guide of simple proven strategies that produce powerful results. The strategies outlined have been used with great success with thousands of people and hundreds of personal clients that have sought professional stress and anxiety assistance from the author, a highly regarded clinical and coaching Positive Psychologist.

The book also offers FREE trial bonus coaching from the author, Aleks Srbinoski.

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Spent a free the perfect time to be fun activity to perform! A lot of people spent their sparetime with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Could possibly be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Instant Inner Calm: Simple Stress Management Strategies To Increase Clarity, Creativity and Calm (60 Minute Success Series) can be good book to read. May be it can be best activity to you.

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