



# **Stress Hacks: 166 Tips and Tricks to Free Yourself from Stress and Sleeplessness and Reclaim a Relaxed Life**

*Michelle Whitney*

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# Stress Hacks: 166 Tips and Tricks to Free Yourself from Stress and Sleeplessness and Reclaim a Relaxed Life

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## **No, you may not punch your coworker in the head.**

But go ahead and fantasize about it. You can't always **escape your crazy boss** or a **workplace bully**, but there are practical ways to release some of the stress they pile on you.

When is the last time you saw someone **lose their cool** in public for no apparent reason? How often does **some maniac in a car cut you off** during rush hour while simultaneously shouting obscenities at you? **How often are YOU that maniac?**

Modern culture has you **wound tighter than a rubber-band ball** and bit-by-bit you're losing your elasticity and breaking. When was the last time you were able to relax?

This book will show you practical ways to manage the never-ending stress of living in a constantly connected world. This book is for those of you who want to **skip the medical jargon and new age woo-woo** and have an arsenal of countermeasures to deploy when stress brings you to your knees.

As a **survivor** of Post-Traumatic Stress Disorder (PTSD), I understand overwhelming stress and the **anxiety and sleeplessness** that result from living with it. I understand that **stress is an elusive and ever-changing opponent**.

That's why it's important to have **multiple things to try** until you find the right solution for you at the right time. Knowing that there are practical stress hacks in this book that you can turn to means you'll have a **closet full of tips** at your disposal.

Think of it like fly fishing. You never know what lure is going to draw in the trout until you cast it out to see if they bite.

Follow the tips and tricks in this book and you'll **manage your stress better, get more sleep, eliminate stressors, and have some fun** along the way.

Each chapter provides you with **practical solutions** for dealing with your stress-induced sleeplessness, your workplace environment, your work itself, and your ability to relieve built-up stress during your time off.

In a nonstop world that so often spins us out of control, **master the spin** and turn it into a dance. **Take back control** of the stress in your life now.

**Enjoy a calmer mind and a good night's sleep.**

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