

[PDF] The Myth Of Stress: Where Stress Really Comes From And How To Live A Happier And Healthier Life

Andrew Bernstein - pdf download free book



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Author: Andrew Bernstein
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Description:

From Publishers Weekly Bernstein, a former protégé of self-help guru Byron Katie and a consultant to Fortune 500 corporations, thinks stress is produced not by external circumstances but

by mistaken thoughts. He has developed the seven-step ActivInsight program to combat these thoughts and banish stress and related feelings of depression, despair, anger, and frustration. Really a form of cognitive therapy, ActivInsight involves framing a should statement that expresses your stress (they should agree with me), evaluating the feelings that accompany it, and then framing its opposite, no matter how counterintuitive it sounds. One must then set out to prove the counterstatement (I should be here [in drug rehab] because I need help) and examine again the feelings it elicits and the actions it could lead to (e.g., participation). Chapter by chapter, Bernstein takes on various stress-inducing thoughts—I should weigh less; I should be successful; I shouldn't have done that—and shows how to let the air out of them. His program seems to involve formulaic thinking rather than genuine self-examination, and to ignore the plain truth that certain situations (like losing a job) are indeed stressful. (May 4)

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Review "*The Myth of Stress* is a compelling, compassionate book about our suffering when we fight reality and the transformation that is possible when we don't. I loved it."

- Geneen Roth, author of *When Food Is Love* and *Women Food and God*

"Andrew Bernstein has brought some much needed common sense to the subject of stress and that alone makes this book a winner."

-- Caroline Myss, author of *Defy Gravity* and *Invisible Acts of Power*

"Bernstein has created a wonderful, accessible how-to manual for regular people wanting to feel better. This WORKS!"

--Kathleen DesMaisons, Ph.D., author of *Potatoes Not Prozac*

"Bernstein's volume is an outstanding guide to understanding the nature of stress and how to handle it. The book provides numerous insights and techniques for anyone experiencing stress -- and who doesn't?"

-- Aaron T. Beck, M.D., founder of Cognitive Therapy

"We often think we have to avoid or reduce stress. *The Myth of Stress* teaches you not to "manage stress" but to root out the very causes of stress, the tangled thinking that keeps you stuck in the belief the world has to change for you to be happy. Andrew Bernstein guides us through a way to untangle those thoughts and be free. Read this book and it will change your life and you will find your happiness will depend on only one thing ? YOU."

--Mark Hyman, MD, New York Times best-selling author of *The UltraMind Solution*

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"Hans Selye's theory of stress as a fight-or-flight response is wrong and overrated, according to Bernstein, originator of ActivInsight, a cognitive method for identifying, understanding, and transforming stress. Bernstein asserts that stress originates in thoughts and beliefs, but he concedes that it has long-term physical and mental effects. Using the worksheet process adapted from his mentor Bryon Katie, Bernstein formulated ActivInsight, a seven-step stress-reduction program he has taught in seminars to corporations and nonprofit organizations. While acknowledging similarities to positive thinking, Bernstein envisions ActivInsight as working not just by replacing stressful ideas, but by subtracting the underlying negative beliefs. In the book's second half, Bernstein guides readers in applying ActivInsight to 12 common challenges ranging from anger, heartbreak, and money problems to fear of dying. By the end, readers should be able to apply ActivInsight to their own problems, though Bernstein admits that some issues may need more than a single work-sheet session. An online self-help platform with downloadable work sheets, tutorials, and email connections will be launched upon publication. VERDICT An easy-to-learn method for addressing issues underlying stress, best suited for the workbook crowd and believers in cognitive-behavioral therapy." --*Library Journal*

"Look out Anthony Robbins, move over Deepak Chopra, there's a quiet storm moving up through this state and beyond. His name is Andrew Bernstein... He's an intelligent, calm, and soft-spoken person who uses reason and logic to quiet the mind." --*Vision Magazine*

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