



# **Stress Out, show stress who's the boss: and support Pearls of Hope (R), The Lorraine Jackson Foundation**

*Sumner M Davenport, MS, Aila Accad RN, Debra Costanzo, Gina Cotroneo, Jerilynn Draker, Beverly Edelstein, Nancy Müller, Veronica Ray, Ellen Whitehurst, Melissa Whuel*

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Proceeds from this special edition support Pearls of Hope®, The Lorraine Jackson Foundation. The Foundation's primary mission is to provide college scholarships for children who have lost a parent to breast cancer. \*\* Stress is a constant in our lives - such a constant that we actually don't realize we are under stress, we think it's "just part of life." Health surveys report that over 70% of people feel stress everyday. Some stress is helpful, but most stress is destructive; it can age you and it can kill you. The focus of this book is STRESS OUT, not Stressed Out. Stressed-out is a condition you may be experiencing; Stress Out is a solution, a command to tell stress who's the boss. This book provides quick tips, recommendations and techniques that you can use to reduce, release and/or manage your stress. "This book empowers the reader to take responsibility and take charge of their unconscious and habitual reactions. A must for all my clients." ~ Paula Traverse, Business Coach "Whether your stress has been around for a long time, or it is something new in your life, there is something in this book that will help." ~ Carla Taylor, Teacher "It's not stress that kills us, it's how we react to it. This book is a must have for anyone needing better reactions to their stress" ~ Dan Minor, Entrepreneur

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**Anna Gann:**

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