



YOU: Stress Less: The Owner's Manual for Regaining Balance in Your Life

Michael F. Roizen, Mehmet Oz

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Stress is America's #1 killer, aging people prematurely and compromising people's health enormously. Culled from the pages of bestselling *YOU: Staying Young*, *YOU: On a Diet*, and *YOU: Being Beautiful*, this handy pocket guide that offers ninety-nine incredibly valuable tips to reverse the effects of stress is a must read.

There's no question that stress can impact just about every part of your life—the way you look, how you feel, how long you live, how well you sleep, what you eat, everything. That's why it is so important to have a good stress management plan in place, whether you're used to juggling work, kids, gadgets, gizmos, or any of the hundreds of responsibilities that any of us have every day.

While there are three kinds of stress, you may not know that they aren't all bad for you; some stress can actually work as a powerful motivator. The problem? When the wrong kinds of stress hammer you (and hammer you and hammer you), it can wear you down and cause lasting physical damage. *YOU: Stress Less* offers a 360-degree perspective on stress that combines the most up-to-date wisdom from the entire *YOU: The Owner's Manual* series. Packed with meditation techniques, food recommendations, and lifestyle evaluation tools, this paperback is an essential guide to reducing your stress levels and improving your life—with some changes that you'll feel immediately. This portable, comprehensive guide is a perfect investment in your health and your happiness.

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Arlene Oliver:

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Richard King:

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