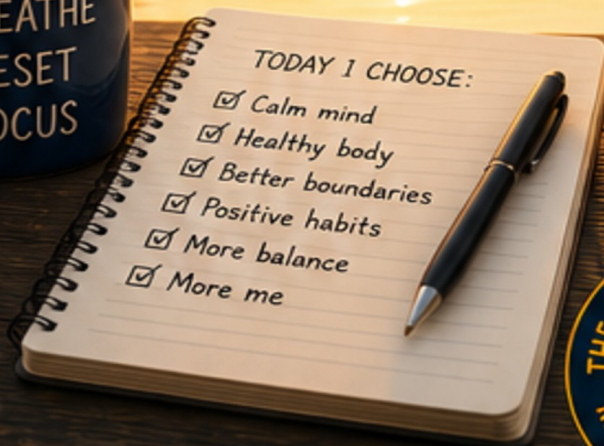


THE BETTER LIFE SERIES

PRACTICAL PSYCHOLOGY FOR REAL LIFE

STRESS LESS, LIVE MORE

Reduce Daily Pressure,
Protect Your Energy and
Create More Balance



ALDEN M. CORVALE

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More Balance**

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This book is for educational and informational purposes. It is not medical or psychological diagnosis or treatment. Persistent or severe stress can overlap with physical and mental health conditions. If stress is significantly affecting your health, safety, or ability to function, consult an appropriate qualified professional.

The Better Life Series is written as practical self-help for everyday life. The exercises are invitations, not tests. Adapt them to your circumstances, culture, responsibilities, and health needs.

Introduction

Stress is part of being alive. It appears when something matters, when demands rise, when uncertainty grows, or when your body believes you need more resources than you currently have. The aim of this book is not to promise a stress-free existence. That would be unrealistic. The aim is to help you carry pressure more intelligently and recover more completely.

Modern stress often has no clean finish line. Work follows us onto phones. News never closes. Family responsibilities overlap with financial pressure, health concerns, and an endless stream of small decisions. Because the demands are continuous, recovery has to become deliberate. You need ways to tell the body, mind, and schedule that not everything is an emergency.

The chapters ahead combine practical psychology with everyday behavior change. You will learn how to recognize your stress signature, calm activation, reduce mental overload, protect energy, set boundaries, improve recovery, and build a life with more margin. The goal is not to perform self-care perfectly. It is to create a system that helps you return to yourself more quickly.

TRY THIS TODAY

Read with a pen. After each chapter, choose one small practice to test. Skills become useful through repetition, not through agreement alone.

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