



# Seeking Serenity: The 10 New Rules for Health and Happiness in the Age of Anxiety

*Amanda Enayati*

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**Seeking Serenity: The 10 New Rules for Health and Happiness in the Age of Anxiety** Amanda Enayati  
**In a provocative and practical look at modern stress, *Seeking Serenity* offers an empowering new message: Stress can serve as a guide to living our happiest and healthiest lives.**

In *Seeking Serenity*, stress columnist Amanda Enayati challenges our long-held assumptions about stress, painting a groundbreaking picture that separates myth from reality when it comes to what is commonly referred to as the plague of modern life. Weaving together stories, research from science, history, philosophy and diverse faiths, and everyday exercises, she crafts a fascinating tale that begins with the behind-the-scenes machinations of corporate villains and ends in the power of our stories to shape our realities.

We are living in an era of dramatic highs and lows, with lives that move at a pace and intensity impossible at any other time in history. These contradictions throw us off-kilter, out of harmony and balance, creating what we perceive as never-ending and destructive cycles of stress. But life itself has always been—and will always be—a series of fluctuations: the good days, the bad days, the excruciating days. The key to mastering stress lies in the way we experience it.

*Seeking Serenity* presents ten revolutionary principles developed from the emerging science of stress and reinforced by literature, philosophy and age-old spiritual wisdom that help us to differentiate between destructive and constructive stress, and to master stress in the everyday by learning how to:

- Shift our perceptions to interpret inevitable challenges in a way that serves us better;
- Embrace a narrative that casts stress as a pathway to adaptation and growth; and
- Commit to breaks, buffers, and protective practices that will minimize and neutralize the adverse impacts of toxic stress.

Drawing on extensive research and remarkable case studies, *Seeking Serenity* presents a clear and accessible action plan to achieving more joyful and productive lives, stronger communities and a better world.

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#### **Marie Brenneman:**

Spent a free time for you to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their particular friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? May be reading a book could be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the reserve untitled Seeking Serenity: The 10 New Rules for Health and Happiness in the Age of Anxiety can be good book to read. May be it may be best activity to you.

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A lot of people always spent their particular free time to vacation or maybe go to the outside with them family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity here is look different you can read a book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day long to reading a guide. The book Seeking Serenity: The 10 New Rules for Health and Happiness in the Age of Anxiety it doesn't matter what good to read. There are a lot of people that recommended this book. These people were enjoying reading this book. If you did not have enough space to develop this book you can buy often the e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to cover but this book features high quality.

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