

4 BOOKS ON STRESS THAT CAN TRANSFORM YOUR LIFE

Read These Four Books, In The
Recommended Order, And You'll
Learn How To Reduce Your
Stress, Increase Your Happiness,
And Improve Your Life In Ways
You Can't Imagine!



Doc Orman, M.D.

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DOC ORMAN, M.D.

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This book is not intended as a substitute for professional medical or psychological advice or treatment when these may be needed. If medical, psychological, or other expert advice or treatment is needed, the services of an appropriate professional should be sought.

If you suffer from very severe anxiety, severe phobias, severe depression or any other serious mental health condition, the advice in this book may not be appropriate or sufficient for you. If you are not already doing so, you are hereby advised to consult and work with an experienced mental health professional.

If you believe that your symptoms or your problems are beginning to get worse as you read this book, stop reading it immediately and consult a trained health professional.

Dr. Mort Orman is a board-certified Internal Medicine physician. As a medical professional, he has successfully helped and coached people to overcome their stress and anxiety related problems for more than 30 years. However, he is not a licensed nor a practicing mental health professional. As such, each individual needs to personally assess and evaluate all suggestions and advice noted in this book.

Bottom line: you are 100% responsible for how you interpret and make use of the information in this book, so please do so wisely.

FOR THOSE WHO GET UPSET ABOUT SELF-PROMOTION

I am the author of this book and also the author of two of the four books I am going to recommend to you here. Thus, I could benefit financially if you go out and purchase all four books, which would be the ideal thing to do. However, you don't have to spend any money at all if you don't want to. As you will soon see, I've made it possible for you to get the first book for free, and the other three books can all be obtained through your public library.

But let's just say you want to personally own all four books (as I do, because I like to refer to them over and over again) and I end up making a few bucks because you paid for one of these books that my publishing company offers for sale. Is this self-promotion? Yes it is. Is this "blatant" self-promotion? No it is not.

Blatant self-promotion occurs when someone spreads the word about a product or service *they* profit from, but where you get little benefit in return. On the other hand, if I write a book that teaches you how to successfully invest in the stock market, and I charge you \$25 for this information, is it self-promotion if I encourage you to buy it? Yes, it is. But what if it took me ten years and thousands of dollars in losses to finally figure out a system that can work for you? And what if after reading my book, you go out and net \$100,000 each year for many years thereafter? Was that blatant self-promotion on my part? No way—it was helpful promotion. The type we should all want more of.

I COULD HAVE CHARGED MONEY FOR THIS BOOK

This book is much like the one described above. For a very small investment of time and money (zero for this book and only a small amount to purchase the other four), you are going to get many thousands of dollars in value. The value won't be measured by dollars in your bank account, although this could happen. The value will come in greater peace of mind, more self-confidence, less stress, more happiness, improved relationships with others, better health, less fear, less anger, less irritability, fewer tension headaches, less frustration, etc.

With this type of value, I could have charged big money for the specialized advice contained in this book. But I didn't. Why? Because I want this life-enhancing advice to reach as many people as possible.

I'm a successful physician and stress coach, so I don't *need* you to buy this book or any of the four other books I'm going to encourage you to read. But I really do *want* you to read them all. Not because it might benefit me, but because it might hugely benefit YOU! (By the way, I have no personal or financial relationship with any of the other authors.)

This whole idea that promotion is something "evil" or unseemly is very interesting to me. I find it interesting because it reveals a common cause of human stress that most of us fail to realize.

STRESS FROM EITHER/OR THINKING

If you are the type of person who gets upset by self-promotion, all this means is that you've become a victim of Either/Or Thinking.

Either/Or Thinking is very common in almost all Western countries. It's so ingrained in our society that we take it for granted and hardly ever recognize when we have fallen prey to it. It can simply be defined as a tendency to become "fixated" on just one side of an either/or dichotomy and thus become temporarily **blind** to the other side of the equation. In other words, it's a socially-accepted form of distorted, incorrect thinking.

The two most common forms of Either/Or Thinking are Good/Bad Thinking and Right/Wrong Thinking. You'll learn more about each of these, plus several more variations, and how they contribute to many types of human stress when you read each of the four books in my recommended series.

NOTE: Even the term "self-promotion" itself is a product of Either/Or Thinking. It gets us thinking incorrectly right from the start because Either/Or Thinking is built right into the term. In truth, very few forms of promotion are exclusively one-sided.

Take capitalism and business, for example. Do people create businesses to shamelessly suck money out of the wallets of their customers? There are many today who view business (and capitalism) exactly this way. But this is only half the truth about why people create and operate businesses. Assuming you are interested in the whole truth (which some people aren't), a business can't remain profitable unless it helps people solve important problems in their lives. The best model for business is to charge a fair, competitive price for your products or services but give much more value to your customers in return.

Thus, there is always a **dual nature** to any thriving business. Yet if you view it as something that should just provide value, you miss the reality of what it costs to discover, enhance and then deliver that value. And if you view it (enviously) only from a financial gain perspective, you lose sight of all the incredible value people receive from engaging with that business. This is what happens when we unconsciously fall prey to Either/Or Thinking. It distorts our ability to think, perceive and reason clearly.

WHAT'S THE TRUE VALUE OF THIS BOOK?

What does this discussion about self-promotion and Either/Or Thinking have to do with you and this book? Well, if you are still fixated on the self-promotion aspect of this book, then I recommend you don't read any further. I have no desire to upset you more.

But if you are open to the potential value of this type of book, then I encourage you to read on.

You see, in addition to writing books and helping people reduce their stress, I've also worked as a medical director for a major corporation for many years. During those years, we paid huge fees to a number of consultants to come in and assist us. Most of these consultants charged us **hundreds of dollars per hour** to share their wisdom and expertise, and we gladly paid them for it.

Why? Because we were focused on what we were doing and could see. We had so many things to attend to every day that we had neither the time nor the resources to study the entire market we were in, to sift through all the published literature, to know what other people, including our competitors, were doing, and to keep abreast of new developments and trends on the horizon. So if

somebody else had already done this research for us, and they could distill it down into some simple recommendations that could benefit us by helping us improve our business (and yes, our bottom line too), then we were more than happy to pay for it.

So if you are interested in figuring out how to reduce your stress, improve your health, avoid relationship disasters, and increase your own personal happiness and success, you could go out and sift through all the thousands of books and other self-help programs available today in order to find a few gems that truly might benefit you.

Or, you can pay me \$0.00 to do all this work for you and summarize my recommendations in this easy to consume format.

I've been working in the field of stress for more than thirty years, and while I haven't personally researched all of the self-help resources ever created, I have seen hundreds of them. And quite frankly, most of them are not all that helpful. That's why I've written more than ten books about stress myself, mainly to fill some of the voids I've noticed in this marketplace.

So when I tell you I've identified **four key resources**—two of my own and two from other insightful authors—that could *really, really help you*, you should probably pay very close attention. And if you do, you might just find that my recommendations do have value that would be worth paying a great deal of money for.

In addition, not only have I picked out these four excellent books for you, each one of which individually provides unique stress relief value, but I have recognized a powerful connection between them all and a particular order to read them in that can benefit you the most. This is another layer of value and expertise that I am able to provide to you here and that you'd be hard-pressed to find anywhere else, even if you were willing to pay for it.

So I chose to make this book free, instead of charging for it, because I want to remove all financial barriers that might prevent anyone from giving it a try. If by reading this book I am able to convince you that there's great value for you to go out and read the other four books, then I will have done my job as your "pro-bono" stress relief consultant. And if after completing this book you are still not fully convinced enough to commit to reading all four of them, you could simply start out by reading the first one in the series and then stop right there if you aren't impressed enough to go any further.

And since this first book in the series is an Amazon Kindle book, if you are a member of the Amazon Prime Program you may be able to "borrow" it for free. I have also worked out an arrangement for you where you can get this first book for free even if you are not an Amazon Prime member (see details later on).

TABLE OF CONTENTS

Special Note To Those Who Get Upset About Self-Promotion

Table Of Contents

Why I Wrote This Book

How You Can Benefit From Reading This Book

What Does Personal Transformation Really Mean?

Why These Four Books?

Why This Particular Order?

What Will Book One Do For Me?

What Will Book Two Do For Me?

What Will Book Three Do For Me?

How Is Book Four Different?

How Will I Be Different After Reading All Four Books?

How Will My Life Be Different (And Better) After Reading All Four Books?

What Are The Odds That You Will Actually Read All Four Books?

About The Author

WHY I WROTE THIS BOOK

My name is Mort (Doc) Orman, M.D. and I am a physician, author, stress coach and Founder of The Stress Mastery Academy. For the past 30 years, I've been successfully teaching people how to eliminate anger, irritability, anxiety, guilt, frustration, interpersonal conflicts, and other types of stress from their lives without having to manage it.

I've written several popular print books about stress, have conducted hundreds of seminars and radio interviews, and more recently have published a number of Kindle e-books about stress that many readers have found very helpful. Also, I've been the official sponsor of National Stress Awareness Month every April in the U.S. since 1992.

“SHOULD I REALLY DO THIS?”

When I first got the idea of writing this type of book, I was instantly excited about how it could help people. But then doubts started creeping in. I kept thinking to myself, “It would be wonderful to tell lots of people about these four amazing books, but should I really do this? Would anybody actually purchase or read a book with this title? And even if they did, would any of those six people actually go out and read all four additional books exactly as I recommend?”

After all, my plan was to write a really great book about why you should go out and get four more books to read. Has anybody ever done that before? Sure, many authors have recommended additional books to read at the end of works they have published, but has anyone ever written a book that was entirely about why you should go out and get four other books to read?

I assumed somebody probably had done this before, but I've never seen it done in the self-help genre, so I was truly concerned I'd end up wasting my time. I also feared that many book buyers would consider this type of offering to be nothing more than blatant self-promotion.

A WISE DECISION ON YOUR PART

This back-and-forth debate about whether to commit to writing this book went on inside me for quite some time. But I guess you know which side won out. So I ended up writing this book anyway, and if some people assume it's just a self-serving promotional ploy—without reading it—so be it. I believe very strongly that those who do give this book a try will end up feeling that their decision was a very wise one.

You see, I've personally studied hundreds of self-help books about reducing stress and mastering life, and I've also written more than ten such books of my own. Therefore, I know a good self-help book when I see one and my standards are extremely high. Very few self-help books get my seal of approval, but those that do are quite special and really shouldn't be missed.

I suppose I've found 25-30 self-help books during my lifetime that can help a person significantly reduce their stress and that meet my high standards. And from that very small list I've selected just four to recommend to you. Why only four and not more from this list? And how did I arrive at these particular four and not some other selections, if all of these books are so good?

THESE FOUR MAKE A GREAT SET

The reason I chose these four self-help books is because they fit together in a special way to make a great set. The stress-relieving and life-enhancing principles contained in each book in this series dovetail nicely with key principles explained in each of the other three. And this synergy of core concepts and philosophies is especially powerful if you read these books in exactly the order I'm going to recommend to you.

Thus, I not only know why these four books are each great works on their own, but because of my extensive knowledge and background as both a physician and a stress expert, I also know why they fit together perfectly to give you a very unique and powerful new perspective on stress (and on mastering life) that you probably can't get anywhere else.

LIFE MASTERY 101

Think of these four books as the primary texts you've been assigned to read for a popular post-graduate course called "Life Mastery 101" that you've discovered.

For me, life mastery and stress mastery are one and the same. The more we know about how life really works, the fewer stressful problems we will experience. And the less we know about life, or if we remain confused about it, the more stress we will have and the more we will find it difficult to be happy, healthy, and successful.

So imagine that you've somehow learned about this really cool "professor" who teaches this life-changing course about how to reduce your stress and master life. And imagine that the academic tuition for this course is totally free—all you have to do is go out and either purchase or borrow four inexpensive textbooks that are required reading.

The good news is that there are no classroom sessions to attend or any additional lessons to go through. Just consider this book (the one you are reading now) as your basic course outline and instructional manual. Then go out and buy the four required textbooks or get them for free (you can do this one at a time and stop if you are not getting value) and you are on your way!

This is why I decided to go ahead and write this book for you, and I truly hope that it helps you greatly. If it does, please be sure to let me know and also pass the word on to others.

HOW YOU CAN BENEFIT FROM READING THIS BOOK

As I've already mentioned, if you are interested in learning to significantly reduce your stress in ways you think might not be possible, this book will direct you to four other books that I believe will help you accomplish this.

But in order to convince you to go out and read these four books, I first have to give you more details. I have to explain how each individual book will benefit you and then why you should read them in a very specific order. I also have to tell you more about what I mean by the term “transformation” since I consider each of these recommended books to be transformational in nature, whereas few books actually deserve this label.

HOW THIS BOOK IS ORGANIZED

This book is organized into four main sections:

Section 1: This section, which you are reading right now, is called the “front matter” of any book. It consists of the special note about self-promotion, the table of contents, and the two discussions regarding why I wrote this book and how you can benefit from reading it.

Section 2: This section (next three chapters) starts with a quick look at what transformation really is...and what it is not. Then, I introduce each of the four books I'm advising you to read and tell you why I selected them above all others. I conclude this section with a chapter on why you should read these books in a very specific order and how your life will completely fall apart if you read them in any other sequence (just kidding).

Section 3: In this section (subsequent four chapters) I devote an entire chapter to each of the four books. For each book, I'll go into much more detail about why I selected it, how it will benefit you, and why you should rush out and buy it immediately—before other people reading this book go out and snap up all the existing copies.

Section 4: In this section (final three chapters), I try to give you a glimpse of what your life might be like if you follow my recommendation and actually go out and internalize the wisdom contained in all four of these amazing resources. I will also give you my prediction of what percentage of people who read this book—all the way through—will actually go on to follow my advice.

OTHER VALUABLE PRINCIPLES ABOUT STRESS

In addition to learning about four other great books that can help you reduce your stress, increase your happiness, protect your health, and provide you with many other benefits in your life, don't discount the other knowledge you can gain just from this book alone.

For example, you should have already learned something about Either/Or Thinking and how it can distort your views (and emotions) about self-promotion. In the very next chapter, you're going to learn some key things about personal transformation that most people don't correctly understand.

And throughout this book, you may pick up other tidbits of wisdom that can increase your knowledge and improve your understanding of stress, even if you don't go on to read any of the other books I recommend.

WHAT DOES PERSONAL TRANSFORMATION REALLY MEAN?

One of the key things that distinguishes all four books I'm going to recommend to you from most other self-help books on stress is that they are all *transformational* in nature. This means that when you finish reading each one of these four books, you will be *transformed* in a very meaningful way!

Now, the word "transformation" has become a popular buzzword lately. It's been widely used in many different contexts, especially to denote any type of change.

The problem is that not every type of change should be referred to as a transformation. For example, if you don't know all the countries in Africa today and you study a map and memorize their names, you have changed. But you have not been transformed. You're the same person you were before you acquired this new information, only now you have a few more facts stored in your memory.

On the other hand, if you've never played tennis before and you take lessons and practice for a year or two, you might become a decent tennis player. If you are then able to step onto a tennis court and play a skillful game, you have become transformed. Who you are—including what you see and how you are able to perform on a tennis court—is very different from the human being you were before. You may not be different in any other dimensions of your life, but with regard to tennis skills, you have now been *transformed* into a tennis player when before you were not.

And once you become a tennis player—once your mind and your body transforms in the process of learning to play the game—you can never go back to your original state of not being a tennis player. You may get older, you may get feeble, you might even develop a health problem or decide to give up the game entirely. But who you are as a person will still and forever be a tennis player, not a non-tennis player.

The same is true for bicycle riding and many other aspects of life. When you learn to ride a bike as a child, you and your body go through a profound transformational process. We tend to view this as nothing special, but it is.

At one point in your life, who you are is definitely not a bicycle rider. Every time you put your body on a bike, it falls off rather quickly.

Then you go through a several week-long or month-long trial-and-error learning process and something eventually "clicks" inside you. You develop the capacity to balance and pedal at the same time. And once this happens, you have been *transformed*. You are now a bicycle rider. And if you ride frequently for a year or two and then you never get on a bike again until you turn 80, guess what? Your body still knows how to balance and ride. Once your body becomes transformed, it can never go back to its original state. The change becomes permanent, whereas other types of changes can be much more fleeting in nature.

CAN BOOKS TRANSFORM YOU?

Yes they can. Most types of lasting transformations come from taking new actions which are repeated on a regular basis. But actions don't always have to involve your arms, legs or other moving parts of your body.

Actions can also include how you think about things and how you look at the world. And if you practice thinking about things differently or looking at things differently, you may eventually produce a lasting transformation in how you see or understand the world around you. And if the transformation is significant enough, you may never go back to thinking about or looking at the world in the same way you did before.

In truth, many big transformations in our lives come from a combination of both physical and mental actions repeated over time. Anyone who has learned to perform a new job or who has trained to become a professional has successfully undergone such a transformational process.

For example, when I entered medical school I had no idea how to function as a physician. If you would have put a sick person in front of me, I would have had no idea what was happening to them and even less about how I might help them. Who I was at that time was a college graduate. I knew how to study, how to take tests, how to party, how to play cards, and how to get into trouble. But who I was—as a person—was definitely not a physician.

Fast forward four years later and I had now graduated from medical school. I had immersed myself in a deeply *transformative process* (medical school) that was designed to change both my body and my mind. I had thousands of new distinctions that I'd never had before. And because of these new distinctions, I could see things about human health and human illness that were there all along, only I was blind to them four years earlier.

And because I was now transformed and saw the world of health and illness very differently, I was able to recognize things and do things I was never able to see, understand or do before. Who I had become, as a person, during those four years was a physician. And let me tell you something: once you become transformed and see the world through the eyes of a physician, you can never go back to not seeing the world that way. You can never return to your naive, original state.

I'm sure the same is true for any other profession or occupation. Once you see the world more clearly—the way it really is—you can never go back to seeing it incorrectly. You may go on to add additional new insights and understandings, but once a true transformation has occurred, you never go back to seeing the world as blindly or incorrectly as you previously did.

Now it just so happens that you can have a personal transformation with regard to how you view the world just from having one conversation with another person. These interactions are rare, but when they do occur you can immediately sense their importance with regard to your future.

The same thing can happen from reading a really good book. Your eyes can be opened to completely new ways of looking at things or thinking about things, and these may become permanent if you are fortunate enough to find a book that can do this for you. Unfortunately, most books fall way short of this goal. While they may impart lots of interesting and even useful information, they often don't

permanently change the way you look at life. In other words, *they inform you but they don't transform you.*

Each of the four stress-relieving books I have chosen to recommend to you here all meet this very high standard. If you read them all, and take each one very seriously, they all have the potential to profoundly alter your understanding of human stress. And by permanently transforming your understanding of human stress, they can open your eyes to new possibilities for eliminating stress that you may never have thought of before.

That's one reason why these four books are so special. Yes, there are many other books that can permanently transform the way you view some particular aspect of life. But these four books do a particularly good job of it, especially when it comes to how you think about and try to deal with your stress. And because you will be exposing yourself to four powerful transformative books about stress, one right after the other, each of which builds upon novel understandings conveyed in the one before it, your chances of becoming permanently transformed will be four (or maybe more) times greater!

Instead of randomly exposing yourself to hundreds of books about stress or about how to master life in the hopes of maybe stumbling upon one or two gems, you get to cut through all the clutter and focus your efforts on four all-star quality books, one right after another.

WHY THESE FOUR BOOKS?

It's now time for me to reveal the four recommended books to you—which ones they are, what each one contains, and what the best order to read them in is for you. So here they are:

- 1) ***The Ultimate Method For Dealing With Stress: How To Eliminate Anxiety, Irritability And Other Types Of Stress Without Using Drugs, Relaxation Exercises Or Stress Management Techniques*** (by me)
- 2) ***The 14 Day Stress Cure: A New Approach For Dealing With Stress That Can Change Your Life*** (also by me)
- 3) ***The Myth Of Stress: Where Stress Really Comes From And How To Live A Happier And Healthier Life*** (by Andrew Bernstein)
- 4) ***The Art Of Possibility: Transforming Personal And Professional Life*** (by Rosamund Stone Zander & Benjamin Zander)

I have carefully selected these four books for you and this is my recommended order in which you should read them. I'll explain the reason for this order in the chapter that follows. But first, let me give you just a few highlights about what each of these books is about. Then, in later chapters of this book, I will give you a more in-depth look at what each of these books has to offer you.

BOOK ONE

The Ultimate Method For Dealing With Stress: How To Eliminate Anxiety, Irritability And Other Types Of Stress Without Using Drugs, Relaxation Exercises Or Stress Management Techniques (by me)

This is a short and inexpensive (potentially free for Amazon Prime members) Kindle book that is a great introduction to how to master stress. It explains what is wrong with most popular notions about stress, including why managing stress is not our best coping strategy. It then goes on to describe a better approach for dealing with stress, which I call "The Ultimate Method." And it shows you, at a very basic introductory level, what each of the three steps in this method are and how you can begin to try them out. This book also reveals one of the main new distinctions you will need to come to terms with if you truly want to learn how to consistently win against stress.

Please be aware that this is a short, introductory level book about how to master stress. Therefore, it does not contain extensive, detailed training on how to make use of this Ultimate Method effectively. This is where the second book in my recommended series comes in.

SPECIAL OFFER: To further reward you for reading this book, I have created a special offer to help you get started with this series. If you can't get the Kindle version of my Ultimate Method For Dealing With Stress book for free, or if you don't want to spend the few bucks to purchase it from Amazon, I will send you a free PDF copy via email, but you will have to sign up to request it. Just go to: www.stressmasteryacademy.com/book1 now to get your free PDF copy.

BOOK TWO

The 14 Day Stress Cure: A New Approach For Dealing With Stress That Can Change Your Life (also by me)

I strongly believe that everyone who is interested in reducing their stress should read ***The Ultimate Method For Dealing With Stress***. It's a great beginning resource and it contains some very powerful insights into what is required to truly master stress.

If you like what you learn in this first exposure to my Ultimate Method, and you want more detailed instructions about how to use this method successfully, you'll want to make sure you read the second book in my recommended series.

The 14 Day Stress Cure is my signature self-help book on how to master stress. It was published almost a quarter of a century ago (1991), but it is still 100% relevant today. It took me four years to write this book and constantly revise it until I was satisfied that it was complete. And while I am certainly biased, I still think it is the best self-help book on dealing with stress you can find anywhere today. While I have gone on to write many more books about stress since this one was published, I have written nothing (nor seen anything) that surpasses this book in terms of the quality, clarity and precision of helpful advice it provides you.

When you read my Ultimate Method book and then follow it by reading my 14 Day Stress Cure book, you will have consumed a two-book package for understanding how to master stress—*without having to manage it*—that is truly outstanding and transformational.

Now most of what you'll learn from my Ultimate Method book is repeated (and expanded upon) in my 14 Day Stress Cure Book, but that's a good thing. This is because the ideas contained in both of these books are so new and so foreign to the way most people think about stress today, that it really is good to expose yourself to them repeatedly.

Even though some of the main ideas from the first book are repeated, ***The 14 Day Stress Cure*** goes into much more depth and detail, and it contains many additional insights and coping strategies than I was able to discuss in the Ultimate Method book. However there are also things I talk about in the Ultimate Method book that aren't discussed in the 14 Day Stress Cure book, which is why these two books fit together nicely.

BOOK THREE

The Myth Of Stress: Where Stress Really Comes From And How To Live A Happier And Healthier Life (by Andrew Bernstein)

This is another excellent book I stumbled upon a few years ago. I don't know Andrew Bernstein personally and I've never met him, but I really like his philosophy about stress. We both often express the same uncommon viewpoints.

Anyhow, the reason I highly recommend this book to you is because it takes one very powerful strategy that I wrote about in ***The 14 Day Stress Cure—Flipping To The Opposite Reality***—and provides you with pages and pages of really cool examples of how to apply this strategy to many

common life situations. In fact, Bernstein highlights 16 specific life/stress situations and then shows you in very compelling terms how this one basic strategy can be used to benefit you in each and every one of them.

And you should note that *Flipping To The Opposite Reality* is just one of several powerful coping strategies you will learn about when you read ***The 14 Day Stress Cure***.

Andrew Bernstein's book focuses almost exclusively on just this one coping strategy, but he does so in a fabulous, in-depth way of teaching you how to benefit from this one technique—much better, with many more examples, and more convincingly than I have ever done.

BOOK FOUR

The Art Of Possibility: Transforming Personal And Professional Life (by Rosamund Stone Zander & Benjamin Zander)

The final book I am recommending to you is ***The Art Of Possibility: Transforming Professional And Personal Life***. This New York Times bestseller was written by husband and wife team Rosamund and Benjamin Zander. Rosamund Stone Zander is a psychotherapist and designer of innovative personal and professional development programs. Benjamin Zander is a very popular teacher and conductor of the Boston Philharmonic.

In my opinion, this is clearly one of the best books you will ever find for living life happily. I actually recommend that you get the audiobook version if you can, because the stories both Ben and Roz tell in their own words and in their own voices are extremely powerful, moving, inspiring and transformational.

While this book is not labeled as being about stress, it is. And once you've read the first three books I've recommended, you'll instantly know why.

Well, there you have it—a quick introduction to each of the four books I strongly encourage you not just to read but to study. I'll have more to say about each one of them in individual chapters later on.

But first, I want to say a few words about why the particular order I recommend is so important. This will be a very short chapter, but that doesn't mean it's less significant.

WHY THIS PARTICULAR ORDER?

I've already given you the order I suggest you read these books in, and I've hinted at why this might be useful to you. However, I just wanted to give you a few more words of encouragement about why you might not want to deviate from this sequence.

While you could easily dive in and read all four of these terrific books in any order that appeals to you, you will lose something if you do this. You will lose the benefit of being exposed to a natural progression of powerful ideas that sequentially build upon each other and that build upon the preceding foundation of understanding that has been established.

I chose this particular order because I know the key principles that each of these books contains. I also know how their key concepts progress in terms of clarity, depth, and ease of understanding.

For example, while Andrew Bernstein's book is excellent to read on its own, you might get a little more out of it if you read ***The 14 Day Stress Cure*** first. This is because I describe the basic *Flipping To The Opposite Reality* strategy in a high-level, overview way in my book and put it in context to help you initially understand it. Then, once you have this background in place and you go on to read Bernstein's book, you'll be in much better position to say "Yes, I understand now why this technique makes sense, even though at first glance it might appear unrealistic."

Similarly, if you read my Ultimate Method book first, before taking on my much more comprehensive 14 Day Stress Cure book, you will be better prepared to understand the more complex and powerful concepts I introduce in this second book, and you will therefore get much more out of them.

And while you could easily read (or listen to) and benefit from the Zanders' excellent Art Of Possibility book, you will gain even more value from it once you have read the first three books in this series.

So please be sure to follow my recommended order. I know we all like to do things our own way and we resist being told how to do things by others, but this is one time you might want to stick to the recommended path. It's my best advice for how to get the most benefit possible from reading all four books in this series.

NOTE: The first book in this series, my Ultimate Method book, is now available in an audiobook version on Amazon. So if you like to listen to books rather than read them, you might want to consider this format to get yourself started, rather than either the Kindle book or free PDF version.

WHAT WILL BOOK ONE DO FOR ME?

The Ultimate Method For Dealing With Stress introduces you to the three-step method for coping with stress that I have found to be far superior to stress management.

This is the coping method I have been using successfully in my own life for more than 30 years. It is also the method I have taught to thousands of other people who have similarly benefitted from learning how to use it.

This introductory level book is not designed to teach you how to become expert at using this Ultimate Method instantly. But it does clearly explain what the method is and how it can benefit you because it's so powerful and flexible. This first book also covers some of the basic principles—and potential pitfalls—for using this method properly.

TABLE OF CONTENTS

Here is the full Table of Contents from this book, minus the introduction, front matter and back matter.

Chapter 1: Why Managing Stress May Not Be Good For You

Chapter 2: The Biggest Drawback Of Managing Stress

Chapter 3: The Ultimate Method For Dealing With Stress

Chapter 4: Correctly Identifying Your Problems Is Not Always Easy

Chapter 5: The Secret To Winning Against Stress

Chapter 6: What's Really Causing Your Stress To Occur?

Chapter 7: How To Make Stress Quickly Disappear

Chapter 8: Why Manage Your Stress When You Can Banish It Instead?

In short, *The Ultimate Method For Dealing With Stress* is about the best method for dealing with stress you will ever find. I know this is a bold statement, but I have found it to be true—not just in my own life, but in the lives of many other people whom I've worked with during the past 30 years.

A NEW WAY OF THINKING ABOUT STRESS

This book will also introduce you to a radically new way of thinking about stress that you probably haven't been exposed to before. This is another huge benefit that few other books about stress can give you.

For example, you'll discover that if you want to become the best you can be at lowering your stress, the very first thing you must do is completely eliminate the word "stress" from your vocabulary. Has anyone ever given you this advice before?

You'll also find out why the secret to learning how to win against stress is exactly the same as for learning how to win at backgammon. Has anyone ever told you this before? Probably not, but you'll understand why this is true once you finish reading this opening book in the series.

A TASTY AND NOURISHING THREE COURSE MEAL

Consider these four excellent books I am serving up for you to “consume” as being a tasty and nourishing gourmet three course meal.

Following this analogy, the Ultimate Method book would be the “appetizer”—something to whet your appetite and stimulate your hunger for more.

The 14 Day Stress Cure book and the Myth Of Stress book would constitute the “main course”—the real meat and potatoes of the meal—that will satisfy your hunger and make you feel both fulfilled and content.

And the Art Of Possibility book would be the delicious, irresistible “dessert”—something to cap off your dining experience in a sweet and memorable way.

By way of this book, you have just been summoned to the dinner table. Your appetizer has been placed in front of you and you have been given the green light to go ahead and start eating.

Enjoy, because there is much more to come once you have internalized this opening treat.

HOW TO OBTAIN THIS BOOK: You can get the Kindle or audiobook version by going to Amazon.com. You can also get a free PDF version via email by signing up at: www.stressmasteryacademy.com/book1

WHAT WILL BOOK TWO DO FOR ME?

In *The Ultimate Method For Dealing With Stress* you will get an introduction to how you can learn to powerfully eliminate much of your stress without having to constantly work on managing it every day.

You will also be introduced to one of the most important principles that is required to achieve success with utilizing this three-step Ultimate Method (this principle is revealed in Chapter 5: The Secret To Winning Against Stress). The rest of the book will give you some preliminary coaching in how to apply each step in this method correctly. But as I warn readers at the beginning of this first book, it won't really give you all the details you will need to apply this method consistently with many different types of stress in your life.

This is where my second recommended book, *The 14 Day Stress Cure*, adds tremendous value. This more comprehensive book goes into much more detail and depth about each step in the Ultimate Method and it then gives you specific guidance in how to make practical use of this method in areas of your life such as:

Dealing with negative moods and emotions;

Reducing or eliminating relationship stress;

Reducing your stress at work;

Dealing with stress-related physical problems;

And dealing with many other specific types of stress as well.

Also, this book shows you how to identify **65 hidden causes** of stress which you may not be consciously aware of, but which repeatedly contribute to problems and stress in your life in ways you typically don't see. However, after reading this second book all the way through, you will begin to see these previously hidden causes more clearly and you will be armed with several good coping strategies and techniques to start dealing with them effectively.

I personally know of no other book about stress that so clearly, precisely, and definitively lays out the full truth about stress in ways you can easily grasp and begin to make use of immediately.

This book also contains four additional appendices that give you additional benefits as well, and it also has an annotated "Suggestions For Further Reading" section that you should find useful.

Of all four books in my recommended series, *this is the one the entire series is built around*. The first book introduces you to a high-level overview of my stress mastery framework (the "appetizer"). This second book—the "meat or main course"—gives you the details and training you will need to start implementing it. The third book—the "potatoes part of the main course"—expands more deeply upon one powerful coping strategy I reveal in *The 14 Day Stress Cure*. And the fourth and final book in the series (the "dessert") shows you what other personal transformations are

available to you once you are willing to further expand your thinking beyond what most people consider normal.

This is a book you will want to personally own and keep on your bookshelf where you can refer back to it from time to time. I still do this myself, even though I originally wrote it. That's how good it is.

HOW TO OBTAIN THIS BOOK: This book is only available in traditional paperback form at this time. You can get it at [Amazon.com](https://www.amazon.com). You can also learn more about it and order a copy at: www.14daystresscure.com

WHAT WILL BOOK THREE DO FOR ME?

As I've already mentioned, *The Myth Of Stress: Where Stress Really Comes From And How To Live A Happier And Healthier Life* by Andrew Bernstein reinforces and expands upon many of the key principles I explain in *The 14 Day Stress Cure*. In this sense, it is another excellent reference on stress that you can powerfully benefit from.

However, the real strength of this book is how it shows you a simple approach to “shifting” your thinking so you can quickly eliminate much of your stress by viewing your situation (or other stressful life events) from a different perspective. This is more easily said than done—but that is the real beauty of this book. Bernstein provides you with a multitude of real life examples to drive this point home.

Here are a few excerpts from the cover jacket for this book:

“Bernstein...eventually realized that stress doesn't come from your circumstances—it comes from *your thoughts about* your circumstances. More specifically, stress is created by a particular kind of thought that humans happen to excel at.”

“...the antidote to stress—and the key to far greater resilience—is not exercise or physical relaxation, but finding these stress-producing thoughts and finally dismantling them.”

“He created a process called ActiveInsight that helps you—and the people you care about—do this on you own...often yielding life-changing breakthroughs in a matter of minutes.”

Now you may think that's all a bunch of hype, but I've read every word of this book and it truly does deliver on its promises.

What types of real life stress problems does Bernstein specifically address in this book (with a full chapter devoted to each)? Here is the list:

Traffic

Anger

Conflict Resolution

Weight Loss

Success

Financial Happiness

Uncertainty

Having A Broken Heart

Having Too Much To Do

Regret

Discrimination

Dying Too Soon

As you work your way through each of these sections, picking up lots of good pointers and wisdom about life along the way, you'll begin to understand how the same ActiveInsight technique that Bernstein advocates (and that I also recommend under the name *Flipping To The Opposite Reality*) can be immensely beneficial to you in many ways.

HOW TO OBTAIN THIS BOOK: You can get the paperback, hardcover, Kindle or audiobook versions of this book by going to [Amazon.com](https://www.amazon.com).

HOW IS BOOK FOUR DIFFERENT?

The Art Of Possibility: Transforming Professional And Personal Life by Rosamund Stone Zander and Benjamin Zander is another excellent book that I highly recommend. It is the perfect final selection in the four book transformational series I have put together for you, because it shows you what is possible when you have the courage to think very differently to how most other people think, and when you are open to freeing yourself from the constraints of our prevailing but often limiting “common sense.”

This book was a New York Times best seller, and it has been translated into fifteen languages and sold over 500,000 copies.

Here are two brief excerpts from the promotional material for this book:

“Presenting twelve breakthrough practices for bringing creativity into action, ***The Art Of Possibility*** is the dynamic product of an extraordinary partnership.”

“The authors’ interwoven perspectives provide a deep sense of the powerful role that Possibility can play in every aspect of life. Through uplifting stories, parables and personal anecdotes, the Zanders invite us to become passionate communicators, leaders and performers whose lives radiate Possibility into the world.”

And here is just a sampling of some of the many topics of discussion contained within:

An Invitation To Possibility

The First Practice—It’s All Invented

Interpretations Of Reality

The Contribution Game

Rule Number Six

The Central Self

The Seventh Practice—The Way Things Are

The Eleventh Practice—Creating Frameworks For Possibility

The Sky Is Not The Limit

This book is different from the other three because it is mainly about something the authors refer to as “Possibility” and its implications for personal and professional transformations. As such, it is not a book that declares itself as being about stress.

However, it fits very nicely with the stress relieving principles and advice you will gain from the other three books, and if you embrace it’s twelve breakthrough “practices” you will become happier, healthier, and much more stress-free.

This is another good example of how your decision to read this book (the one you are reading now) will benefit you because very few other stress experts would have recognized the value that this fourth book can contribute to your overall learning about stress and about human beings.

HOW TO OBTAIN THIS BOOK: You can get the paperback, hardcover, Kindle or audiobook versions of this book by going to [Amazon.com](https://www.amazon.com).

HOW WILL I BE DIFFERENT AFTER READING ALL FOUR BOOKS?

If you recall from the first chapter (What Does Personal Transformation Really Mean?), when a true personal transformation occurs, you are fundamentally changed as a thinking, feeling and perceiving human being. This can occur for just one narrow aspect of your life, or it can occur much more broadly.

The major way you will be different after reading all four of these books (assuming you don't skim them but read them studiously) is that the way you think about—and hopefully deal with—stress will be permanently altered in a good way (i.e. you will be transformed). Never again will you think about stress, feel about stress, or view stress in the same way you do now.

Once you finish reading all four of these books, every time you hear the word “stress,” whether it comes from your own thinking or from the speaking of others around you, you will hear it very differently. And your entire understanding of what stress is, where it comes from for human beings, and what our best options for dealing with it are will also be significantly and beneficially changed—forever!

In fact, you will know so much more about stress and how to deal with it than you do right now that your knowledge will far exceed the understanding that most of your friends, family members, co-workers or acquaintances have. It may even exceed the level of understanding some established stress experts have today.

In other words, you will have gained a whole new and improved *foundation* for understanding human stress, and this should naturally lead you to deal with stress much more effectively.

And this new foundation of understanding will continue to be useful to you all throughout your life.

HOW WILL MY LIFE BE DIFFERENT (AND BETTER) AFTER READING ALL FOUR BOOKS?

The title of this publication is “4 Books On Stress That Can Transform Your Life.” Thus, *transforming your life* is the main goal, but this is actually a two-step process. First, you transform yourself—by reading all four of these recommended books. Then, your *transformed self* goes out and takes actions to *transform your life*.

So when you finish reading all four books, the first step in this process will be complete. But whether this leads to any major improvements (transformations) in your life will largely be dependent upon you.

If you go out and take actions consistent with your new understandings, good things should start to happen for you. If you don't try out any new things, or if you don't take actions to make your life better, nothing special will happen. No transformations of your life will occur.

So these four books can only do so much. They can't reduce your stress or make your life better by themselves. *You have to become the active, transforming agent.*

But armed with new and more powerful perspectives on stress, new possibilities should open for you immediately. And if you act to discover how to personally benefit from these new possibilities, new and improved outcomes will definitely start coming your way.

WHAT ARE THE ODDS THAT YOU WILL ACTUALLY READ ALL FOUR BOOKS?

If you have read this far, you are clearly a person who is interested in reducing your stress. You are also a person who, when you find a good book, tend to read it all the way through.

Having done that, however, you are still highly unlikely to take my advice and read all four books, even though I have done my best to try to convince you to do so, and even though I have pointed out all the many benefits this can bring you.

Sadly, many people who finish reading this book will stop right here. They won't even take the time to read the first book in my recommended series (even though you can finish the whole thing in less than an hour and even though I have made it available for free), much less go to the trouble to read all four.

This is just human nature and it is also the nature of human stress. Many stressed out people are busy and pressed for time. Just the thought of sitting down and reading one more required book (much less four of them in a row) can seem daunting. And when we are busy and stressed, we often make the decision that others things must be given priority.

Thus, we miss out on some very beneficial opportunities. And when we eventually get back to acting on them, months or even years later, we often end up saying to ourselves "Gosh, I wish I would have known that or done that sooner."

I'm hoping that you will not succumb to this common human tendency, and that you will at least take the very first step—reading *The Ultimate Method For Dealing With Stress*—to find out for yourself exactly what I am talking about.

Remember, there are easy ways you can get this first book for free, and it will only cost you about an hour of your time to read. You can even splurge and purchase the audio version from Amazon, so you can listen to it in your car, on your cell phone (like a podcast) or on any mp3 device while you are walking, jogging, exercising or just relaxing.

If you just want to read *The Ultimate Method For Dealing With Stress*, you can download the Kindle version for free if you are an Amazon Prime member. Alternatively I will send you a free PDF copy via email when you sign up to receive this at: www.stressmasteryacademy.com/book1

But even though I have made it brain-dead simple for you to get started along this recommended path, I still know that many readers of this book will not take me up on this offer.

Once again, we are all pressed for time and many of us are skeptical when big promises are made to us—no matter who might be making them or how honest and trustworthy they may actually be.

We are reticent to make big commitments unless we have much more proof and many more details at hand. But there is also one more sinister barrier.

WHAT MIGHT REALLY KEEP YOU FROM READING THESE FOUR BOOKS

The truth is this: if you've read this far in this book, you already know intuitively what I have in store for you. You already know, at an unconscious level, that these four books are going to seriously "mess with your mind."

They are going to challenge some of your deeply held beliefs and they are going to call into question certain "facts about stress" that you may be certain are true but that are really false.

It takes courage and commitment to expose yourself to this type of inner "assault."

But if you truly want to be transformed when it comes to dealing with stress...this is precisely what you have to be willing to do.

Unfortunately, many people will sniff out what is coming their way—in terms of new concepts and realizations that will challenge their present beliefs—and they won't take action out of fear, even though another part of them unconsciously knows this could benefit them greatly.

So I don't know how you will choose to resolve this decision. But I can tell you that I was there myself, many years ago, and I made the choice to put my fears and skepticism aside and jump in to expose myself to previously unexplored mental territory.

And I am so very thankful I did, because I now have much less stress and a whole lot more internal peace and happiness as a direct result of taking such a chance.

So here's hoping that you choose to come along and join me, and if you do, I will try to stay connected with you to provide you with additional support and counsel as best I can.

CONCLUSION

In conclusion, I hope you've enjoyed reading this book about why you should immediately drop everything and run out to get your hands on (and read) four more books that will hopefully give you the type of stress relief you've been searching for.

Just seeing the purpose of this book so clearly stated again makes me cringe at how risky this book concept really is. But hopefully, now that you've read it, you will understand why I had to write it and "promote" it, and why I am willing to take all the public flack (in terms of mean-spirited reviews and other nasty comments) that I know will be coming my way.

For if just a few people stumble upon this book, read it, and then take action as I have prescribed—and their lives turn around and their stress levels drop tremendously—then it all will have been worth it.

As a physician who practiced Internal Medicine for 23-years, I see this type of educational work I am doing now as the next frontier of true preventive medicine. I'm not talking about early disease detection, which is what we call most of our preventive medicine efforts today. I'm talking about intervening early on in people's lives to help them reduce their stress and eliminate other unhealthy risk factors—*so they don't get sick or develop a serious disease in the first place.*

This is my view of true preventive medicine, and I believe these four books can do that for you. Thank you sincerely for giving me an opportunity to make these recommendations to you, and I truly hope you decide to follow them and that you get great and lasting value in return.

ABOUT THE AUTHOR



MORT (Doc) ORMAN, M.D. is an Internal Medicine physician, author, stress coach, and founder of the Stress Mastery Academy. He has been teaching people how to eliminate stress, without managing it, for more than 30 years. He has also conducted seminars and workshops on reducing stress for doctors, nurses, veterinarians, business executives, students, the clergy, and even the F.B.I. Dr. Orman's award-winning book, *The 14 Day Stress Cure* (1991), is still one of the most helpful and innovative books on the subject of stress ever written. Dr. Orman and his wife, Christina, a veterinarian, live in Maryland.

SPECIAL NOTE ABOUT THE RELEASE OF THIS BOOK

This book was first published in late March of 2014 for official release on April 1, 2014. This was timed to coincide with the annual beginning of National Stress Awareness Month, which has been celebrated every April in the U.S. since 1992.

Dr. Orman is the founder and official sponsor of National Stress Awareness Month, and he has personally supported this annual event since its inception.

The purpose of Stress Awareness Month is to encourage health professionals, stress experts and other interested parties to provide educational materials and hold educational events to raise public awareness about the causes of human stress, its major negative consequences, common myths and misconceptions about stress, and how we can reduce our stress most effectively.

This book is Dr. Orman's personal contribution to this nationwide effort for 2014. Others are encouraged to use this opportunity to promote their own educational materials and viewpoints, and to continue doing so all throughout the year.

ONE LAST THING...

If you enjoyed this book or found it useful I'd be very grateful if you'd post a short review on Amazon. Your support really does make a difference and I read all the reviews personally so I can get your feedback and make this book even better.

If you'd like to leave a review then all you need to do is click the review link on this book's page on Amazon here: <http://amzn.to/????????>

Thanks again for your honest feedback and support!