



Lighten Your Load: 35 Surprisingly Simple Ways to Free Yourself From Stress, Toxins, and Clutter

Karin Kiser

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The Truth Behind Stress Management And Why Most 'Mainstream' Advice Is Wrong...

Discover How to Create More Time, Energy, Vitality And Freedom In Your Life

Have you felt the symptoms of stress creeping into your life more and more?

Darkening your relationships, mindset and body... **You're not alone.**

The American Psychological Association recently revealed that over **75% of Americans experience at least one symptom of stress per month.** These numbers are likely growing. This is not acceptable. Change is not just required, it's a necessity.

Stress isn't something that just appears, it builds up slowly, and if left unchecked it can lead to some truly frightening consequences. Everything from **obesity, unhappiness, insomnia, lack of job satisfaction, illness,** and many other side effects.


The problem with traditional approaches to stress management is they avoid the root causes of stress, and focus on external factors that are often impossible to control.

Instead you must **focus on the root causes** -- your environmental, psychological, emotional, and physical health. This is the **"secret"** to stress management and creating more time, energy, vitality, and freedom in your life.

Lighten Your Load reveals the simple, actionable strategies anyone can use to address the root causes of their stress and **finally start living life lighter.**

Inside this book you'll discover the **35 surprisingly simple ways** to a happier, more fulfilled life, such as:

De-stress your life with simple strategies that work almost instantly and deliver lasting results **So if you're ready to finally free yourself from stress, toxins, clutter, and lighten your load, you must get this book now.** Get the simple, actionable, all-natural approach to detoxing your body and mind, creating more free time, energy, vitality, and freedom in your life. It's all revealed inside **Lighten Your Load**, book one in the Dare To Be Aware™ series. Don't be like **75% of Americans** and let stress bring down the quality of your life. Take control and make simple changes to live life free. Help your body, help your mind, get the book today. **Lighten Your Load: 35 Surprisingly Simple Ways to Free Yourself From Stress, Toxins, and Clutter** For more about the author, free gifts, and bonus content visit **KarinKiser.com** *detox diet, healthy living, stress management, alternative medicine*

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