

MORE THAN RELIEVE STRESS, NEW BOOK OFFERS 400 WAYS TO ELIMINATE IT

Shunning obvious, simplistic and hackneyed stress-coping advice like "relax," "take a deep breath" and "don't work so hard," a new book is tackling the growing stress epidemic head-on with an arsenal of specific, hands-on solutions for every area of life, including work, home, travel, finances, activities, parenting, relationships, shopping, entertaining, holidays, school, and many other stressful situations.

Titled **"400 Ways to Stop Stress Now...and Forever!"** the comprehensive guide goes beyond merely relieving stress to eliminate its causes, actually reversing the stressful habits and mindsets we develop over the course of our lives. Aware that people who are stressed out have little time or patience to slog through long-winded lecturing or implement complicated procedures, the strategies are incisively written for immediate use, and numbered for easy reference and review. The book also features a fast-find stress relief index, which allows readers to zero right in on the particular areas of stress that are plaguing them at any moment.

The 276-page quality trade paperback is the latest work of G. Gaynor McTigue, author of the bestselling "Life's Little Frustration Book" series (St. Martin's Press), who also conducts stress elimination workshops for companies and groups. Written over a period of five years, McTigue's new book has received several expert endorsements and many accolades from among the thousands of email subscribers and workshop participants who have field-tested his stress reduction solutions.

"What I've attempted to do is create a complete stress management program in a single volume," says McTigue, "and one whose targeted techniques can be put right to work in achieving lasting results for those who suffer from the many harmful effects of stress."

"400 Ways to Stop Stress Now...and Forever!" is now available or can be ordered at bookstores everywhere, or direct from the publisher. Quantity discounts are available to groups and organizations. To learn more, call **203-254-7789** or visit <http://www.pickmeupbooks.com>