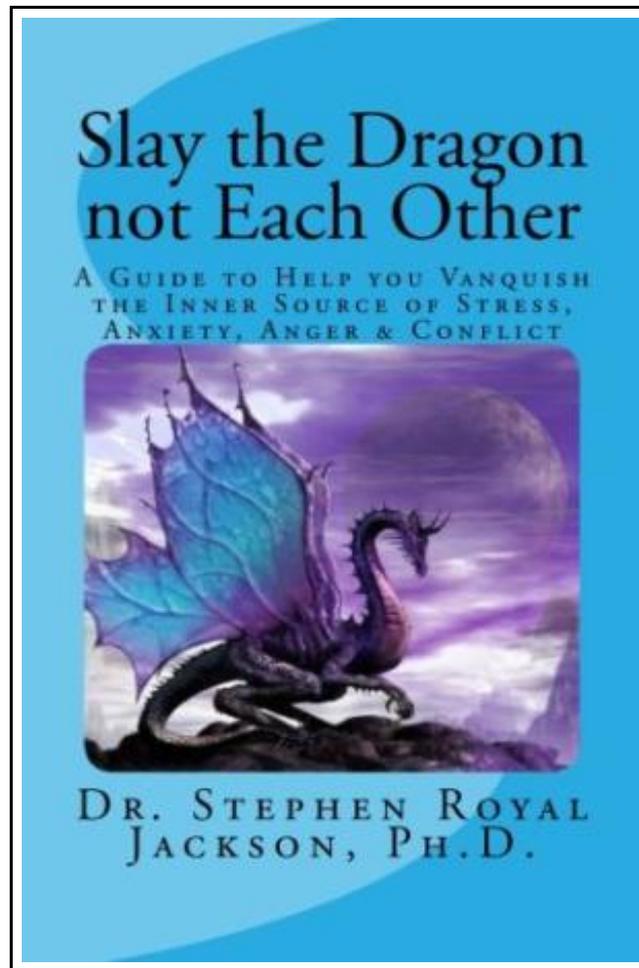


Slay the Dragon Not Each Other: A Guide to Help You Vanquish the Inner Source of Stress, Anxiety, Anger Conflict



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Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Slay . . . teaches you how to effectively manage stress conflict. . . . the dragon ultimately wants all of us. It will one day emerge seeking to devour the very soul itself. The story of Saint George and the dragon symbolizes the work that the soul must accomplish when faced with this challenge. Mark L. Prophet Elizabeth Clare Prophet Stress Effectiveness Training is the name Dr. Jackson has given to his seminars. The goal of this book is the same as that of his seminars: to help people become more effective in managing stress and conflict. Not a day goes by that we don't experience the pressure of stress and conflict. We find ourselves trapped in traffic, or waiting in line at the grocery store when we need to pick up our child at school. Conflicts erupting at home or work take their toll on our health and happiness. The media bombards us with stories of the dangers and evils that arise from ineffective ways of handling stress and conflict: domestic violence, divorce, disease, and death. Newsweek magazine recently reviewed research on the impact that the stress of anxiety, anger and depression can have on the health of our heart. People really can have a heart attack because they were scared to death. A physician at Johns Hopkins has discovered a medical condition referred to as stress cardiomyopathy or broken-heart syndrome. Slay the dragon . . . provides a program for people from all walks of life. The steps emerged out of Dr. Jackson's clinical work with people barraged by both personal stress and the stress of a wide variety of professions: CEOs, police...



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