



# **destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind**

*Davidji*

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It's pernicious . . . it's diabolical . . . it creeps into every moment of our lives. It influences our relationships, impacts our physical body, works its way into our conversations, sparks non-nourishing behaviors, and forces us to do things we'd never want to do. It's infectious; it's relentless . . .

It's *stress*!

We all know it. We all experience it. It's the human condition—but through this book, you will learn to transcend it.

Drawing on decades of experience working with individuals in extreme, high-pressure situations—including business leaders, world-class athletes, members of the military, Special Forces, and those in crisis—**davidji** will show you how to handle any type of stress that life throws at you. Just as he demystified the practice of meditation in his award-winning book *Secrets of Meditation*, here he will teach you proactive tools to breathe more easily, master your emotions, communicate more effectively, cultivate more nourishing relationships, and perform at a higher level. With his trademark easy-to-understand and entertaining writing style, davidji will transform your understanding of stress using time-tested techniques; cutting-edge science; real-world, practical applications; and in-the-moment stress busters.

How you respond to the world around you determines the fabric of your life—and one read of *destressifying* will enhance your performance at work, at home, and in the face of daily surprises. This book will allow you to determine the speed at which life comes at you and guide you to deeper fulfillment, greater empowerment, and true peace of mind.

## destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind Details

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# **From Reader Review destressifying: The Real-World Guide to Personal Empowerment, Lasting Fulfillment, and Peace of Mind for online ebook**

## **Jackie S says**

If you're looking for an honest roadmap to get out of the state of being in stress - start here! Davidji is an amazing teacher and offers real world solutions and practices.

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## **Susan says**

I opened the book and the dedication page "spoke to me" Who hasn't experienced stress - either mentally or physically - so i dived right in. This is a real world, hands on practical guide -- enabling us all to look at our stress in the moment and stop the constant chatter in our mind and or heart. The "eight destressifications of the spine" is a useful tool I have implemented daily Chapter 6 - "destressifying by Mastering Your Needs" was an "aha" moment for me. I continue to pick this book up, reread passages and find the more often I reread the more I destressify! davidji provides guidance and practical skills to live your best life!

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## **Jaclyn says**

Jan 28, 2018

DNF for now at 24%. If I hadn't discovered the other meditation book 'Unplug', I may have kept reading this, but I think I've been reading too many of these books lately and they're beginning to feel redundant. 'Unplug' was just the perfect fit for me because it was just straight to the point, here are the ways you can meditate, whereas 'destressifying' keeps getting bogged down by explaining the biology behind stress and I'm getting impatient for the point.

I liked the 'Reach for SODA' advice to deal with stress: Stop, Observe, Detach, Awaken. It's neat and handy and easy to remember.

If I owned this book I may put it aside for later, but it's a library book so I'll return it and maybe the next person in line on holds will get more out of it than I did.

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## **Kim H. says**

Good stuff! If you have read davidji book on the secrets of meditation some of this material will be familiar to you.

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## **Jack says**

### **Excellent work**

If you are familiar with Davidji then you will enjoy this summary of his teachings on stress. Several practices are included which are easy to use.

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## **J says**

### **Very helpful.**

Lots of good tools that put in practice really help with day to day challenges. I would have liked more personal narrative examples.

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## **Rae says**

I woke up this morning in stress. I have a long "to do" list and some very urgent items to tackle. I did not plan to spend the first couple hours of my day reading, I don't have the time! But I am certainly glad I did. I picked up this book at the right time. Although I have read MANY books on this subject matter, something about Davidji's tone and approach made me feel at home and understood. This book doesn't tell me anything new, but it reminds me and tells it in a more real world way. I believe that many of us just need the reminders of things we already know to make a more peaceful existence. Davidji makes this seem attainable. So, I am about 3 hours behind in my list today, but I honestly feel that this day will be more productive and rewarding than I expected.

I mean, who wakes up stressed on a Sunday? Who finds line items "call mom" or "take out trash" to be stressful? I do! Because it's one more thing, however positive and/or small, that lengthens the list and shortens my time in a day. I am maxed out.

So, I am grateful to at least have one day "saved" for sanity's sake. Feeling better about my day already.

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## **Christine Zibas says**

Whether you call it mindful awareness (soldiers) or meditation (New Agers), the concept is the same -- and so are the benefits to an individual's peace of mind and better health. Author Davidji has written a very important book, given that the multitasking new world order has sent most people's stress levels soaring.

If one can overlook the author's annoying penchant for lower-casing words that should be capitalized (like his name and the word "destressifying" at the beginning of sentences), the book has much to offer, no matter what occupation or situation in life you find yourself.

The book covers the physical and emotional signs of stress, how they affect the person (both short- and long-term), and what meditation can do to ameliorate that stress. Davidji provides helpful suggestions for beginning to meditate and dispels many of the myths associated with meditating that cause a lot of people to fall out of habit as a result.

There are many helpful tools -- exercises and acronyms (RPM being one that I will let you discover on your own) -- that make meditation accessible to anyone who can sit still for a few seconds, and hopefully longer over time. Meditation is an extremely helpful tool in taking the stress out of our lives, if people will give it a chance. The rewards may not be immediate, but over the long term, you'll be doing yourself a big favor. Reading this book is a good first step.

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### **Inez says**

This book has some good tips but wading through 273 pages to find them is a bit painful

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### **Jolanda says**

Very unsatisfying. A lot of bla bla in the genre "I will tell you later about the life changing tips I got for you!" As someone put it earlier: wading through the pages to find them.

The explanation of what stress does to the body is interesting for those who didn't know this yet. However, the book is also lacking scientific evidence for all that the author claims to know about the effect of stress on the human body. I would very much like to read the paper on platelet function in stressed persons, for example.

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### **Valesa Linnean says**

This is a great book with a lot of useful tips and techniques to reduce your stress. It's a dense book and not an easy read. I've been working on it for months as I read several other books. There is a lot of scientific information about stress and how the brain works, as well as emotional intelligence. I did bookmark several pages of techniques to refer back to regularly.

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### **Sandra says**

This book is very helpful in destressing, as the author puts it. He begins by telling us about all of the ill effects that stress has on the body and on our lives. Then, he tells how the body naturally responds to stress. Last, he tells how to reduce the effects of stress on the body. In short, this is done by short-circuiting the steps that the body takes in the fight-or-flight reaction that is a normal bodily reaction to stress. The author gives many methods to do this, and they do work. Best of all, he explains exactly how to perform these stress reducing practices.

This book is well written and easy to follow. Davidji writes in simple language that anyone would be able to understand. He also explains how to perform more effectively in life. He explains how to form better relationships and how to react to life in ways that are more appropriate. He does all this in language that the inexperienced person can understand.

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**Chris says****Excellent tools to improve quality of life**

Davidji outlines the physical and mental benefits of reducing stress through meditation and other mindfulness practices, then teaches readers key practices to make positive changes.

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**Barb says**

Overall, I really liked this. I think there is some repetition where there didn't need to be and a lack of repetition where it would help (tell us more than once what "reach for the SODA" means).

I borrowed the book twice from the library, and liked this enough that I'm going to purchase it. I need to take notes to really take in the myriad techniques that are shared and then actually practice them. I do appreciate that the techniques are bite-sized so that one can improve incrementally.

While I was familiar with most of the concepts, I appreciated how they were presented and that they were accompanied by concrete ways of practicing. Overall, I really liked this one.

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