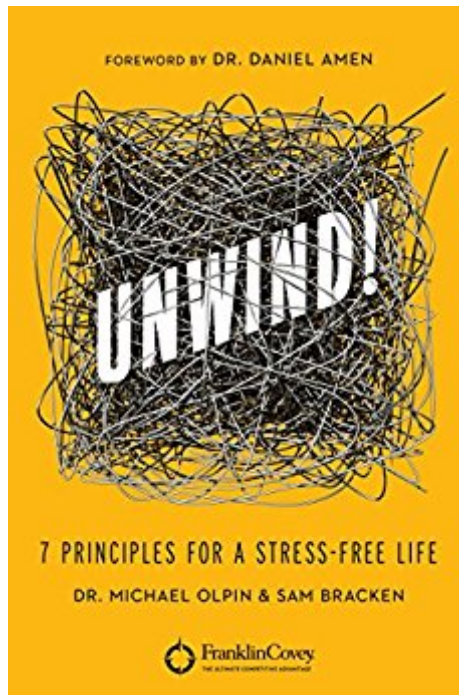




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# Unwind!: 7 Principles For A Stress-Free Life



## Synopsis

This book by Michael Olpin, a top-notch stress expert, and Sam Bracken, a no-longer-stressed-out writer, stands out from other books on stress management in one significant way: its “whole-person” approach. *Unwind!* is about optimizing your body, heart, mind, and soul, recognizing that any and all of these dimensions of your life affect your anxiety level. It helps you get clear about who you are as well as your priorities and goals. The authors show you how to take charge of your life and how to make better choices that will prevent stress in the first place. The authors explore seven key paradigm shifts, from reactive to proactive; unmotivated to inspired; pressured to prioritized; hassled to harmonious; anxious to empathic; defensive to diverse; and tense to tranquil. Delving deep into each of these paradigm shifts, readers learn how to prevent most of the daily stresses people typically experience, by getting at the roots of stressors.

## Book Information

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## Customer Reviews

Having been a follower of meditation practices, and a master at that, I found this book title interesting. The title, that is. I'm always open to finding new ways of thinking about the practice . I

found the book verbose with a likely appeal to an audience other than someone who is a current practitioner . The good doctor gives example after example of example and example of how people found solace or whatever they were seeking yet seems to avoid what actually is the root of the foundation of good meditation practices. All I kept hearing (using audible) was oh Joe or Susie did this and Mary or John did that, oh,... so s/he did that because this happened . To be honest I couldn't even finish the book because every time I thought I was going to read a chapter on practice (with an expectation based on the chapter title) it was more stories of other people's experiences. Lots of seemingly unnecessary statistics about Great Britain, or Europe. I read the book with an open mind pretty much guided by the title. And I became stressed by reading the book .One simply needs to subscribe to the free Harvard Business School thought of the day to learn about meditation practices and helping to reduce stress in everyday life . I even bought the audible version of UNWIND!. The title was two dollars and I think the extra audible version was another dollar so . If there are any profits I hope the author puts the money to good use and helps people . Or perhaps uses the profits to attend some meditation instructional classes offered by the likes of Joe Loizzo or Sharon Salzberg or Joseph Goldstein. As for me I will go back and reread Full Catastrophe Living . For the umpteenth time . I'm not a book promoter but I think anybody who wants to learn about meditation and stress reduction would be best to just simply start with the American Bible of all meditation and stress reduction books: the John Kabat- Zinn book "Full Catastrophe Living, using the wisdom of your body and mind to face stress." I have nothing against the author, M. Olpin. Heck I bought the book because the title seemed interesting. I do give the author credit for publishing a book; hence: two (2) stars

Great advice. I will go through it a few times and work the exercises. Listened to the entire thing first to pick up general ideas. A book you definitely will want to comb through to take full advantage of what most fits your situation.

This book has been instrumental in helping me get a handle on my extremely stressful life. All the suggestions were what i needed to hear and I am following to help me slow down and enjoy life!

Very useful information a book worth having

“Unwind” aptly describes this unique and enlightening book. The first statement that comes to mind to portray this book is “simple and

sophisticated. As a self-help resource the authors have skillfully created a work of simplicity. That said, doing so has made this book a pleasure to use! They have provided a resource for managing your stressful life that can be utilized by the vast majority of readers. They have eliminated the psycho-jargon of professional text articles and college level textbooks, therefore anyone can understand the concepts presented. They have presented illustrations, charts, and checklists that are straightforward and easy to comprehend. In doing so, they have retained their academic integrity by accurately presenting scientific concepts. This is a book that can be appreciated by lay people with very little education or training in the concepts of stress management, yet appreciated for its creative presentation of skills by mental health professionals and educators. The sophistication is the means by which the authors have created a document that reads like a well-designed cookbook for managing stress. The book provides the reader with a systematic process for managing stress using easy to use tools. The authors have integrated psychodynamic theory, cognitive restructuring theory, and principles of stress management with an extremely applied, hands-on approach. As stated earlier, they present complex methods and tactics, used by mental health professionals and educators, in a most pleasant and easy to use format. These are based on sound principles from the behavioral sciences, but oriented towards the average person. If the prospective reader peruses the Table of Contents they will see for themselves how well the authors have structured the book. Every one of us can relate to their key terms and descriptors. This is a book about managing your life, highly relevant and personal. Leaf through the pages to observe the simple but very powerful illustrations of concepts to support their diverse and very useful and sensible approaches. This book is enjoyable to read not just for the outstanding presentation of topics, but most importantly, the authors have a very user friendly format that engages the reader in an assessment of one's own emotions and behaviors, followed by practical procedures and techniques that anyone can easily use in their daily lives. This book is one that every person can benefit from. It presents very positive mental health and stress management approaches that will enhance one's management of their own life. But this book represents much more than the self-help genre, it is a superb adjunct for health care professionals to use as resource for their clients and patients. It can and should be used in conjunction with mental health and stress management programs such as addiction rehabilitation, for the U.S. Military Resiliency Programs tailored to military members and their families, and in academic settings. I have several family members and friends who will receive a copy of this book as a gift. It is a present that anyone would appreciate and utilize. Regarding "simplicity and sophisticated," this

book provides the best practical suggestions and approaches available. It incorporates concepts that have emerged from such well known works as Victor Frankel's "Man Search for Meaning", Scott Peck's "The Road Less Traveled", William Glasser's "Choice Theory: A New Psychology of Personal Freedom", Norman Vincent Peale's "The Power of Positive Thinking", and, of course, Stephen Covey's "The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change", among other works of art. As the authors indicate within the context of their book, this is oriented towards average people who all experience some degree of stress in their lives. However, they warn, for those experiencing extreme symptoms regarding their mental health, Care should be obtained from their physician or another mental health care professional. For those already receiving care for a mental health condition, this book can provide excellent support.

There are a few new and worthy ideas here. Worth a read.

Practical Guide about unwinding and releasing stress. This book is about living!

I need to get though this book but am just struggling.

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