

Press Release

New book *Lessen the Stressin'* by Steven C. German, Ph.D., NCC is released, a powerful guide to stress management for a healthier, more rewarding, joyful, and productive life

Lessen the Stressin': Strategies for Becoming Smarter in Managing Stress by Steven C. German, Ph.D., NCC has been released worldwide. This 288-page guide to stress management applies to people from all backgrounds, with practical strategies that apply to daily life, workplace stress, running a business, interpersonal relationships, and beyond. Through the exercises and perspectives presented throughout each chapter, readers will learn about the importance of managing stress, the role of healthy stress, the numerous sources of stress in the modern world, and developing personal strategies for minimizing the negative effects of stress.

With insights drawn from a varied and extensive career as a counseling psychologist, Dr. German lays out a constructive, optimistic, and easy-to-understand framework for understanding the role of stress in the mind and body. He provides tools for self-identifying major stressors, handy definitions of common terms, exercises for developing resilience, and methods of reframing stressful situations.

Dr. German emphasizes the importance of clear communication (with the self and others) in both reducing stress and navigating difficult scenarios, connecting stress management with principles of compassion, active listening, and self-awareness. The author also includes anecdotes from his own personal and professional life to ground these techniques in practical application. In line with Dr. German's goal of creating a book that will help individuals find calm in their lives, soothing scenes of nature adapted from the watercolor paintings of North Carolina artist Claire Gillespie are interspersed throughout the book.

As its core message, the book reviews **seven "Cs"** associated with becoming smarter in effectively managing stress: healthy **Communication**, constructive **Conflict** resolution, embracing **Change** positively, creating **Calm** each day, **Challenging** our negative thinking, being **Cognizant** of the personal impact of stress, and establishing **Connections** with others as well as ourselves. Armed with these principles and their associated action steps, readers can approach life's challenges with a functional "tool kit" for finding resolutions and maintaining a cool head.

An inspiring, hopeful approach to health and wellness, including aspects of focus, productivity, and personal growth, this manual for stress management is packed with helpful information, organized by someone who understands what is involved in quality training and instruction, and stands to improve the lives of all who incorporate Dr. German's strategies into their lives.

Lessen the Stressin' (ISBN: 9781963844405) is published by MindStir Media, an award-winning book publisher, and can be purchased locally and through retailers worldwide, including Barnes & Noble and Amazon. The paperback retails for \$22.99 and the eBook retails for \$9.29. Interviews and presentations are available upon request. For more information go to www.counselingatacrossroads.com/publications