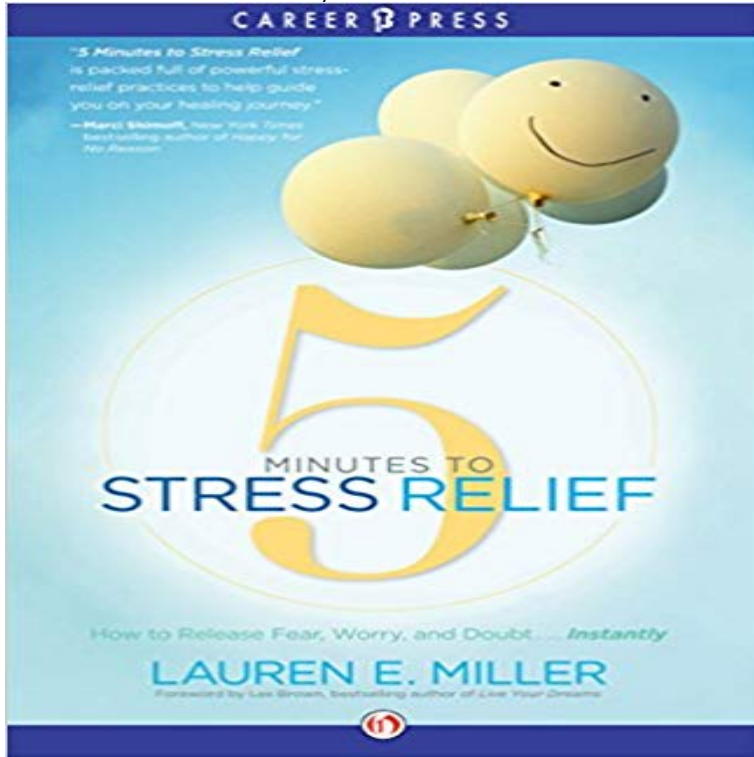


# 5 Minutes to Stress Relief: How to Release Fear, Worry, and Doubt...Instantly



Stress has three main fuels: worry, fear, and doubt. They act like little serpents that crawl into the lap of your life and wreak havoc emotionally, spiritually, and physically. But you have the ability to identify and dismiss these serpents, which are trying to hinder your ability to maintain inner calm, clarity of focus, and a motivated response to all of life. 5 Minutes to Stress Relief will give you the specific skills and tools to: Acquire the mindset skills and simple techniques to identify and relieve stress. Access personal excellence in your thought life to create positive transformation in your physical, emotional, and spiritual experiences. Activate your God-given natural state of being. Stress is often called the silent killer. As someone who battled the stress of advanced cancer and divorces simultaneously, Miller equips you with the ability to quickly and successfully handle any stressful situation instantly.

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