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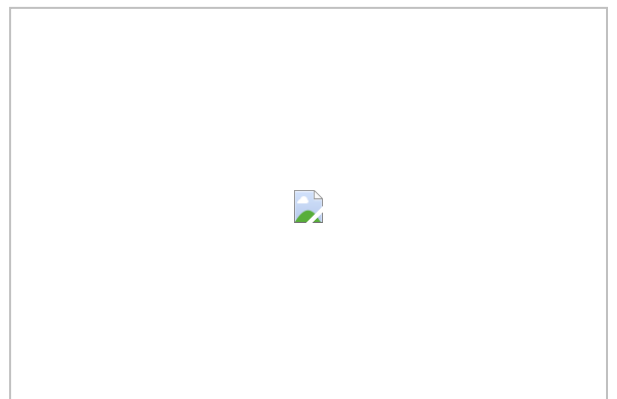


So Long To Stress

[THINK](#) *January 8, 2014*

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Hour 1: Stress is something that even the calmest among us deals with from time to time. But with the right skills, this over-powering emotion can be at least kept in check. We'll find out how this hour with Dr. Amit Sood, a stress and resiliency specialist at the Mayo Clinic. His new book is *[The Mayo Clinic Guide to Stress-Free Living](#)* (Da Capo Lifelong Books).



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Janice Moranis · a year ago

As I was listening to your interview with Dr. Sood, I arrived at a large local shopping mall, in the rain, to make some returns. I tried some of Dr. Sood's positive judgement techniques while running through the mall--and they worked! I am checking out the book! What a great interview...he was quite the funny guy, as well!

5 ^ | ▾ · Reply · Share ›



Lucypi · a year ago

Excellent!

3 ^ | ▾ · Reply · Share ›



Kay Merkel Boruff · 10 months ago

I'm listening again to the re-broadcast. I bought the book and it is working to help creative positive judgment & happier times. When I taught, I tried similar exercises with my students in Middle School & it was beneficial in the classroom.

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skeptic_50 — First let me say that I am not associated with the medical community in anyway except as a patient and a well ...

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Nick Mirro — So interesting! I love the biological perspective but it left me unexpectedly dissatisfied.Working ...

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