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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Stress and Crafting the Good Life**

**By Dr. Jim Manganiello**

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Whoever lives the longest doesn't win any prize. But preserving our health and well-being are important parts of what I call Crafting the Good Life— a life lived with love, courage, wisdom and passion. We harvest the greatest treasures of a well-lived, loved, and understood life in the last third of our journey here. To be around for the harvest, we need to know how to safeguard our health and well-being and if we're serious about doing that—then understanding and controlling stress needs to be at the top of our "things to do" list.

Most people are hungry to connect to who they deeply are, a connection often made difficult and even impossible by our family and cultural; conditioning. Conditioning sets limits that can keep us trapped in an identity that often swims in a sea of stress hormones because it's too small for who we truly are.

Stress related illnesses cause more deaths yearly than deaths resulting from all other causes combined. Our health care system is really a disease care system, so it doesn't work to prevent stress related illnesses before they occur-it treats them only after they arise. Stress is a biochemical event that involves powerful hormones: cortisol, epinephrine and norepinephrine. When our inner pharmacy releases these stress hormones into our body too often or for too long, they become toxic poisons that can compromise our health and even kill us.

The World Health Organization now recognizes stress as the number one health problem in industrialized nations. And as Dr. Paul Rosch, president of the nonprofit American Institute of Stress, noted, in America stress is "...taking a terrible toll on the nation's health and economy. It is a heavy contributor to heart disease, cancer, respiratory distress, lupus and many other life threatening illnesses."

## Stress and Crafting the Good Life

Two-thirds of the visits to primary care medical physicians in this country are for symptoms resulting from stress. More than 100 million people are taking weekly medication to manage stress, medication which is for most people unnecessary and which can cause serious side effects and addiction.

What causes stress? Many things, including, real or perceived, job, family and financial pressures. Our mind and body are an interdependent unit: the mindbody. If we worry too much about financial catastrophe, for example, the primitive part of our brain can misinterpret our worry as actual financial failure and then stress hormones will be released as part of an "emergency alert" reaction.

There are two switches on our body's involuntary nervous system: one is for ordinary housekeeping chores; the other is for emergency situations.

When one switch is on, the other is off. The ordinary housekeeping switch controls the normal

processes of our body such as breathing, digestion and metabolism. The emergency switch is designed to enable us to survive in the face life threatening emergencies by triggering our body's "stress response," also known as the "fight or flight response."

When the emergency switch triggers, powerful hormones flow into our body through a process set in motion by our reactive brain. Our reactive brain cues the master gland of our endocrine system that we are in danger and then another phase of the fight or flight response is set into motion.

An often overlooked, but critical, factor in understanding and controlling stress related illness is to address our perceptual tendencies to view life situations as stressful. The way we see things determines our "view." View defines reality. If we tend to view life events as stressful, they will be. Such perceptual tendencies can result from unhealed past wounds or if we are not honoring what we truly want and love in life. Provisional solutions to stress include regular exercise, deep relaxation and meditation training, to name a few.

However, unless we deal with the real sources of stress in our life, these methods are just short-term bypasses. After 30 years of work in the best of the western and eastern well-being traditions, I created a powerful practice to, among other things, address this problem. The Good Life Process™ incorporates ancient spiritual wisdom with cutting-edge knowledge to short-circuit stress at its source.

This practice also helps create the positive conditions within the mind and body that bring deep awareness, well-being and longevity. The Good Life Process™ relieves the conditions that cause stress by returning us to our Heart—to who we deeply are.

Americans suffer from a great deal of work related stress. We work three months longer than the Germans every year and one month longer than the Japanese. And we sleep 90 minutes less a night than did our grandparents.

But it's not just working too long that causes American work stress. For many of Americans, their work isn't Heart based. We do what we feel that we should do or must do instead of what we want and love to do. This is a set up for stress and the health problems associated with what I call

"the-not-such-a-good-life." As Confucius told us: "Choose a job you love, and you will never have to work a day in your life." And as the Buddha added: "Your work is to discover your work and then with all your heart, give yourself to it."

The fact is that our soul, our inner life, aches at "just for money" work that lacks depth and meaning. Such work has no connection to all-important "inner spark" that can only be found within our deepest nature. Nothing but a good connection to this inner spark can set our lives on fire. We need to connect to our deepest nature, find our inner spark and set our life ablaze with what we want and love.

Nothing will prove more effective at bringing us the health and well-being needed to enjoy the richest of the Good Life's harvests.

Dr. Jim Manganiello is an award winning depth psychologist, Master coach, and meditation instructor. He works with people who want to craft their life into a work of art. Jim created the amazing, 5 part, Crafting the Good Life Course, now available at [www.craftingthegoodlife.com](http://www.craftingthegoodlife.com). The Course features a powerful life enhancement practice, The Good Life Process™ Sign up for the Jim's Newsletter and get

Part One, Step 1 of the Process FREE.

### **Try Crafting For Your Next Hobby**

**By Brent Shields**

Why should I or anyone for that matter get involved in crafting? Well...first things first, have you noticed how prices just keep getting higher and higher? Who can afford to give a decent gift to anyone nowadays? But...if you make the gift yourself it can be done for a fraction of the cost, not to mention the fact that everyone admires and wishes they could do the crafting themselves.

Well you can! All you have to do is try. Crafting is one area that creativity itself is often inspired by necessity. And amazingly enough new crafters usually find that they fall in love with crafting. Many people start out crafting because they have no choice, they needed something to give to someone or they could not afford to buy ready made things for their own home. In the process of learning how to save money they discover this amazing person inside of themselves, this creative and talented person that they never would have believed they could be.

You too can become more creative. Beauty is in the eye of the beholder and each and every one of us has our own concepts of what is beautiful. Each of us has hidden talents just waiting to be accessed. Once you get started you will be amazed at how quickly your mind will become flooded with ideas for things you can make. Anything you see was crafted by someone. Why not you?

Where do I start?

Well, what do you need? Once you know why you need a gift then you can look for something to fit the person you want to make the gift for.

## Stress and Crafting the Good Life

I needed a gift for my friend who had just bought her first home and I wanted it to be something special as a housewarming gift. She has always used tons of candles in her home so I found a log that had an interesting shape and cut it so that it was about six inches high by ten or twelve inches around. I cleaned the wood and sanded it top and bottom then carved out an area in the middle to pour the wax, that I had colored in green to match her new living room. The wax was a green apple scent and I poured it into the area I had carved out of the center of the log. A little polish on the top and I had a gift that I was proud of and she really enjoyed it also.

Crafting is anything you make yourself! And there are all kinds of crafts that you can choose to do. There's needle work such as embroidery both hand embroidery and machine embroidery, crochet, cross stitching, smocking and knitting just to name a few.

There's jewelry making such as beading, wire twisting and silver smiting (silver smiting is not as hard as some people think).

There's wreath making for all kinds of holidays.

Candle making can be even more creative than you think.

Painting both with oils and water colors.

Then there's the junk art that has become so popular and is made from things you find in and around your own home.

There are many more forms of crafting that have not been mentioned here and I'm sure even more are being created as we speak, so have a great day and happy crafting!

About the author, Brent is a regular writer for

– for more home and

family related information please visit our website.



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