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Turn Stress into Strength

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Debbie Mandel, author of *Addicted to Stress*, says many women don't realize they are addicted to stress because they are not paying attention to their own needs. "Instead of helicoptering over everyone else and their happiness, it's time to helicopter over yourself and identify that pattern of [being an] overdoer at home and at work," she says. Debbie shares ways to combat stress and turn it into useful energy.

Next

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- Foods That Lift Your Mood ▶
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From *Stress-Busting Secrets* on Bob Greene's Oprah & Friends show

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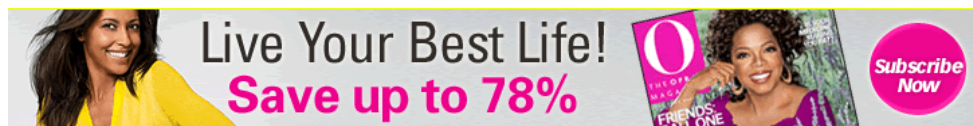


My husband is the Executive Happiness Coach and has been operating his coaching practice for over 10 years now. As he always says "Happiness is decision, not an event!"

cas7256



1 day, 19 hours ago



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