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Tracey Stranger

**HOW TO OVERCOME STRESS
NATURALLY**

**How to Overcome Stress Naturally is published by
Global Publishing Group**



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Uncertain times like these have seen an unprecedented rise in the levels of stress people are having to deal with. Untreated, this often leads to depression. Tracey Stranger's timely book walks readers through the steps necessary to regain control of their material as well as spiritual lives.

With a foreword by His Holiness The Dalai Lama, this book is as easy to understand as its strategies are to implement. The author interviews six experts in natural health and five every day people to inform and inspire the reader with wisdom and hope. The book is jam packed with practical step-by-step strategies for overcoming stress and also contains an extensive Resource Guide.

How to Overcome Stress Naturally is simple and practical, informative and inspirational. It features three practical daily mindfulness activities and a short meditation/contemplation at the end of each chapter.

"Science shows how the power of the mind and thinking greatly influences our physical well-being," says Tracey Stranger. "This book builds on this to help you make wise choices regarding your health – what you think and what you eat. Follow the daily step-by-step healthy eating and thinking plan and you will be well on your way to beating stress the natural way."

How to Overcome Stress Naturally is available at all good bookstores nationwide.

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For more information or to arrange an interview, contact Tracey Stranger on 0409 879 271. High Resolution picture of the photo cover is available on request.