



Stress, the Highest Killer Disease of the 21st Century and Beyond (Paperback)

By Raphael Motlotlegi Sikwane

Xulon Press, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Ignorance drives the beholder towards the opposite direction of what he/she wants to create or accomplish on earth. So too does stress, particularly the inner causes of stress. These are negative emotions like anger, resentment, fear, hatred, jealousy, sorrow, conflict, etc. They drive the individual to endure and create so much pain and suffering that life loses its significance and meaning. Consciously, it is not in the nature of man to deliberately inflict pain on self. However, the individual does inflict pain on self through ignorance. Ignorance about how the mind functions in matters of dealing with its inner causes. Stress is a hidden pain generator. Ignorance on the principles of the law of cause and effect - the law of causality, the beholder finds themselves treating the effects of stress-induced dysfunctions of modern life, and not dealing with the root cause. The results are reduced quality of life and great waste of human potential and resources. This book will help you learn to analyze life challenges from the root cause angle. Failure to do this...



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