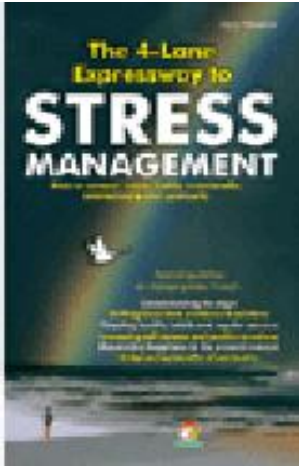




## The 4-lane Expressway To Stress Management



**Author:** Ajay Shukla  
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The way the modern world has been shaping up stress is inherent in day-to-day life.

Since we cannot escape our environment, the only way out is to learn to manage stress.

This book deals with Stress Management in a holistic and comprehensive manner, tracing the origin of stress, its evolution in humans and its adverse effects.

It outlines ways to manage stress in its four components-body, intellect, emotions and philosophy-unlike other books that cover just one or two aspects.

Moreover, there are practical guidelines on how to be happy, with relevant insights from the Bhagavad Gita.

With an in-depth analysis of stress, the book in a concise manner incorporates science, medicine, psychology and philosophy within its pages, making the subjects easy to comprehend.

For instance, it illustrates the symptoms of stress like irritability, frequent headaches, desire to be left alone, indigestion etc.

And then goes on to suggest specific solutions like-

\*Pursuing a hobby \*Taking a break

\*Interest in arts \*Controlling anger, etc.

Once the reader grasps the basic cause of stress and how simple changes in attitude and perception can control it, half the battle is won.

Simply follow these guidelines and you will conquer stress completely and lead a happy life.

Preface:

For a long time, I had been introspecting about what makes me tense and unhappy. In the last few years, after deep thought, reading voraciously on the subject, and observing my own behaviour as well as that of others, I began receiving certain answers. The basic reason was that I, and others like me, had not realised that we were under stress and how it was affecting us. Being ignorant about how stress works, I had made no conscious and sustained effort to be free of stress and had not actively strived for happiness.



Perhaps, we are not even aware that happiness requires our own efforts. We expect happiness to come to us from some external and indeterminate source. But that does not happen. Now, especially after reading the Bhagavad Gita, I have realised that nothing is going to come to us from outside. We have to make our own efforts.

The Bhagavad Gita (Chapter VI, Shloka 6) says that man is his own best friend and his own worst enemy. As such, you should not do anything that may put you in a state of peril.

There is a saying that God helps those who help themselves. The fundamental meaning is the same: Even God cannot help those who become their own enemy. So if you treat yourself well, as a good friend, physically as well as psychologically, happiness is yours. Nobody else from outside can bring you happiness. Only YOU can do this. And you can, if you want to, and aim for it. It all depends on how you are treating yourself.

I have written this book from personal experience, with a firm belief that if you really want to, you can remain free from stress and be healthy and happy. Having organised workshops, and given lectures on the subject for the past few years, I am even more convinced that happiness can be achieved by adopting a certain way of life, by developing a certain way of thinking and feeling. It needs changes in outlook and attitudes. By thus moulding yourself, you can almost change your own fate. This can be done. YOU can do it. It all depends on YOU.

I cannot control your stress. Neither can this book, nor any other book or person, bring you happiness. Only YOU can. In fact you CAN. I can only show you the way, give you a few tips, but you have to take the initiative, and you have to make the effort to walk this road that leads to happiness.

In fact, you have a right to be happy.

I have no doubt that this book will help you get rid of the negative effects of stress and live a healthier and happier life.  
Ajay Shukla

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