

**LIFE WITHOUT STRESS: THE FAR EASTERN
ANTIDOTE TO TENSION AND ANXIETY**

Adam Carcamo

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Life Without Stress: The Far Eastern Antidote to Tension and Anxiety by Arthur Sokoloff

Life Without Stress has 16 ratings and 1 review. Michael said: This book gives an overview of Tao, Buddhism, Zen Buddhism, and Confucianism, with a stron.

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Life Without Stress and millions of other books are available for Amazon Kindle. In Life Without Stress, Arthur Sokoloff demystifies Eastern teachings and shows how the basic tenets of the four major philosophies--Taoism, traditional Buddhism, Zen Buddhism, and Confucianism--can.

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Sokoloff, a practicing dentist and teacher of Far Eastern studies (Univ. of Miami), distills the basic concepts of several Far Eastern traditions in a way that will.

Related books: [Train to Somewhere](#), [In Love and Friendship](#), [The Anti-Vampire Tale \(The Anti-Vampire Tale, Book 1\)](#), [The Secret of Divine Intervention](#), [Waiting for Ty \(Lovers and Friends Book 2\)](#), [Childrens Books About Bears - Countless animal stories for kids](#), [Chasing Grace: Reflections of a Catholic Girl, Grown Up](#).

Use them to get to optimal stress. Sokoloff gently guides us through the basic tenets of the four major Eastern philosophies - Taoism, traditional Buddhism, Zen Buddhism, and Confucianism - and shows us how to integrate their wisdom into our everyday lives to combat anxiety and achieve inner serenity. But like high-power poses and laughter, smiles work. TriviaAboutLifeWithoutStre They even had recitals. How commercial kingpin Richard Branson got to afford his own island.

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