



Stress Relief Expert Lauren E. Miller Offers Three Grab-and-Go Stress Solutions for Busy People

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DENVER, Aug. 9, 2011 /PRNewswire via COMTEX/ -- The American Psychological Association says stress costs corporations \$300 billion a year in absences, medical costs, lost productivity and turnover.

But this doesn't have to happen.

"You perceive situations as threatening every day. You forgot you have the ability to shift your perceptions and your reactions to any situation which makes all of the difference in the outcome," says stress relief expert Lauren E. Miller, who recently launched her 4th book, *99 Things You Wish You Knew Before Stressing Out!* Motivational speaker Les Brown says this stress relief book, "Will literally save lives." "Stress is a signal within your body giving you the opportunity to identify and adjust your perception of any situation. You can take back your ability to maintain inner peace no matter what surrounds you when you make the choice to infuse your day with stress-relief practices," she says.

Lauren shares three stress solutions for busy people, addressing the spiritual, emotional and physical aspects of life: Spiritual: "I was graced with two out-of-body experiences during the two years of cancer treatment. I walked away with two reflections: How well did I love God, myself and those around me? How did I connect on a daily basis with my God-given talents and abilities and use them to inspire and bless the people around me?" she said.

"I use a practice taken from Paul Ferrini's work, 'Love Without Conditions,' to remind myself of the wisdom I gained when my soul separated from my body: Take every 10th thought and remember that you do not need to be fixed in order to love and accept yourself. You are enough just as you are and loved completely, remember your worth and capability. Take 5 minutes out of every hour for a mini-meditation on all that is good, true and beautiful remembering that you are a spiritual being living out a physical experience. If you commit to this practice you will reconnect to your God-given ability to tune into all available options, opportunities and creative solutions. Your Spirit knows no limits." Emotional: Have you ever heard the statement, "Just

shake it off?" If you do, your peace will return. The use of physically shaking the body for healing is common practice around the world. The Bushmen of Africa use shaking as a means for healing on all levels. The next time you find yourself bumped by something someone says or does that you just can't let go, imagine that scene contained in the core of your body. Start to shake your core vigorously, visualizing that stressful scene breaking into thousands of pieces as you move it out through your arms, legs, top of your head and feet as you verbalize, "just shake it off." Many times you will end up laughing, creating enough of a distraction to embrace a new perception of it all and peace returns, she said.

Physical: Too busy to work out and lower stress? Try the popular burst training. You only have to do it 3-4 times a week and it takes less than 15 minutes. Choose a few of your favorite exercises (sit-ups, pushups, or running in place).

Do one at a time as fast as you can for 30 or 60 seconds. Match your rest time with your exercise time (30/30 or 60/60). You only have to do 3-6 exercises to get the benefit of 36 hours of fat burning. Exercise in the morning and enjoy increased energy and clarity of thinking. You won't increase your stress hormones as is the case with extended vigorous work outs, she said.

Want more? To celebrate the launch of Stress Solutions University Lauren is offering 9 free stress relief coaching videos (2-3 minutes long) to help you take back your ability to maintain inner peace. Go to: <http://www.StressSolutionsUbonus.com> About Lauren E. Miller Lauren E. Miller has received national recognition in Redbook, Ladies Home Journal, CNBC, Lifetime and Discovery along with the International Journal of Healing and Care. Using one-on-one-coaching, teleseminars, seminars and workshops, Lauren works with men and women worldwide, empowering them with techniques and skills to de-stress their lives. As an international speaker, Lauren has shared the stage with some of today's most inspirational speakers.

Her first book is an Amazon Best Seller and Indie Book Award Winner: Hearing His Whisper...a Journey through Cancer and Divorce.

Lauren is currently working on the screenplay for her story, a dramedy (drama/comedy).

Her fourth book, 99 Things You Wish You Knew Before Stressing Out!, an international bestseller hit, is available on Amazon.com Lauren's main website: <http://www.laurenEmiller.com> Twitter: <http://www.twitter.com/laurenemiller7> For interviews, contact Amy Sampson at 303-316-0441, amysampson_2004@hotmail.com.