



meQuilibrium: 14 Days to Cooler, Calmer, and Happier

Jan Bruce , Andrew Shatte , Adam Perlman

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STRESS ISN'T THE PROBLEM. YOUR RESPONSE TO IT IS.

You *can't* annihilate stress. But you can learn to manage it peacefully—and you don't need to radically change your life to do so.

The powerful author team who crafted this book has the research to prove it—with more than a half dozen studies to date showing the program's efficacy. Marrying the whole-person, systemic approach of integrative medicine with the science of resilience and the tenets of positive psychology, the authors created a method that attacks stress on every level. This three-pronged approach gets at its roots, so stress can't flourish, but you can. In just 14 days, the authors teach you a new way to respond and, in turn, a new way to live.

meQuilibrium: 14 Days to Cooler, Calmer, and Happier Details

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Andrew Shatte , Adam Perlman

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Donna Parker says

Have you ever had one of those days, dear readers, when you're so frustrated with yourself you don't know whether to: cry; give yourself a time out; scream; give yourself a hug and say you'll do better next time; or maybe all the above and not necessarily in that order?

Too many things I try lately are thwarted, either by circumstances, or by me responding to circumstances. I keep giving myself pep talks, but I have a suspicion I'm not listening very well.

Happiness is a choice. Apparently, this isn't just a platitude or a wall plaque, according to researchers, happiness is really a choice (as well as a booming business). So instead of beating myself up for my utter failure today, I decided to go to a happy place and figure out how to reduce my stress. I'm not one for magical thinking, I like to believe in goodness, happiness, etc., but the realist in me knows that any broomstick I'm handed will come with a dustpan, not a flight into the moonlight.

Maybe today was a good day to read MeQuilibrium: 14 days to Cooler, Calmer, and Happier (Harmony Books) – wait, what, 14 days?!? That's a long time, 2 weeks, a fortnight, half a month, I need help right now! Deep breaths, remain focused on the outcome, not the obstacles.

Ok, Jan Bruce, Andrew Shatte, Ph.D. and Adam Perlman, M.D., dazzle me with your wisdom. I hope the rest of the book is better than the title, sorry, it doesn't really thrill me, but Blogging for Books wanted an honest review in exchange for the digital copy of this book, so ready or not, here it comes.

Day 1, sure, let's pretend that's today. This book has a lot of logical points, including changing the way you think about a problem or situation, although most I've heard in the labyrinth (ok, I just spelled that correctly for the first time in my life, things are looking up) of self-help I've traversed in my journey to now.

As I read about our Emotion Radar and how we scan and see situations and things, I had to squint as the light bulb over my head turned on. I went into this morning's debacle looking through an 'anxiety radar', therefore, I saw things to be anxious about, then became more and more and more anxious, trapping a bunch of poor little monarchs in my stomach as my heart tried to smash through my ribcage.

This book, while well-written and easy-to-follow is basically a giant ad for their 'wellness' program, but that doesn't rule out any a-ha moments (Excuse me, I need a moment to dance to a-ha's Take on Me, don't be shy, join me! As I watch this video again, there's clearly a lesson to be learned – no matter how drawn toward someone you are, it's probably a bad idea to go into a comic book just because the cute guy winks at you and extends his penciled hand).

Society has become busier and busier as we rush from one thing to the next to the next. We barely have time to breathe, let alone think. The answer might be to unlock our problem-solving room, go in and get calm, figure things out, before we fall into the stress traps.

As I reboot and relax listening to Duran Duran's Save A Prayer then Billy Idol's White Wedding (I moved on, but couldn't quite leave that decade apparently) I realize, if I should stumble, I can catch my own fall.

Perhaps I didn't do as badly as I thought, in retrospect, I actually learned a lot from the experience.

It's a nice day to start again.

<http://yadadarcyada.com/2015/04/24/i...>

Maura says

This book started off with great ideas to help banish stress. As the book continued it lost my interest. It tries to cover so many different ideas/stressful situations. It is written in an easy daily context with questions at the end of each on how you will change your lifestyle, thoughts, etc. The main thing I took away from this

book was writing 3 positive things a day. It does slowly start to train your mind to seek positive instead of all the negative thoughts.

David Tybor says

Some of this book is silly, and it certainly couldn't have a worse name, but damn I actually learned a lot reading this.

Martin Baggs says

These days, who isn't stressed out or over-extended? Who couldn't use a way to be cooler, calmer and happier? Resilience is a strength much needed in modern society. And the authors of this new book offer a two week plan to manage stress and build resilience.

I approached this book with a keen desire to be calmer and more resilient. I wanted to banish the burnout I felt slowly pulling me down, like quicksand. And the authors provided some excellent tools to help manage stress.

The book is divided into three parts: a short opening section describing the stress and missing peace. My guess is that if you read this book, you already know this. The closing section is just that: one chapter to help keep the new calmer you going. The meat of the book is in section two: the 14 day reboot. Each chapter is intended to be read for one day, focusing on the new tool and the exercise at the end of each chapter. These chapters are serial, building on each other, since some skills are fundamental to the rest.

The most powerful tool comes in day one: TMZ. To address the 7 powerhouse emotions (anger, anxiety, frustration, sadness, guilt, embarrassment and shame), the authors offer the Trap It, Map It, Zap It approach, whereby you sensitize your emotional radar to recognize when you are falling into your pitfall emotion. Once trapped through early detection, you can map it, to connect it to the thought causing the emotion (and hence understand why this incident is causing this), then zap it by challenging the thought. My preponderant emotion is anger and I have used the TMZ approach to be calmer in a number of situations.

Day three offers a tool to unlock problem-solving power. The point is to understand various thinking traps and which ones you are susceptible to. Day four gives tools to be calmer, and the deep breathing techniques are very helpful. Day six suggest ways to navigate around iceberg beliefs.

Some of these tools and techniques are not new, such as the breathing and happy place ideas for calming oneself. But they are packaged holistically together in a presentable fashion. And they are proven to be helpful.

The book started out very strongly, but the chapters on sleep and eating waned a little. But after the iceberg chapter, I felt that book slowed down. Many of the chapters in days 7-14 focus on dealing with icebergs, although in specific situations.

On its own as a read, the book is quick and easy, but not very useful. Only when completing the exercises at the end of each chapter does this book come alive. And these are hard. Not in the sense of technically difficult, but in the requirement to dig deep within, to understand your inner self. Without such self-exploration, the book remains just that. With a commitment to work at each chapter, the book becomes a

roadmap to inner growth.

I completed most of the chapter exercises and plan to come back to the ones that were too challenging for me at the time. Even with this, I feel I have become a little less stressed and a little more relaxed. If that's what you want or need, I'd recommend this book. You'll find something in it that will work for your life's situation.

I received this book from Blogging for Books for this review.

K. says

I won a free copy from the Goodreads First Reads Giveaway Program and think that it interesting. I would recommend it to everyone.

Peter says

Very good. A very practical path to lower stress.

Nicole Ambrosino says

This book had a lot of helpful information. I found it useful and thought provoking.

Nancy says

Good book but much of it is common sense for me. Might be more useful for those who haven't begun other methods of relaxation.

Ashley says

Very Helpful from start to finish love it and highly recommend.

Debra says

Mostly things we all know, but nice to have it all put together

Amanda says

This book was so terrible just trying to get into that I had to stop after just a few days of part 2. Its extremely sales-y, and the writing had conflicting ideas
