

Calm is a book about reducing the emotional intensity with which people respond to stress. Many people are aware that when they are stressed, they do not think clearly, often making emotional rather than rational decisions. After the stressful event has receded, they may be embarrassed by the emotions they expressed, the foolish things they may have done or said, and may wish that they had responded differently. Calm is a book that explains how the brain works when stressed, why we don't think clearly during stress, and precisely what to do about it. It shows how to become aware the moment the stress reaction takes you over, how to break the stress reaction immediately, and restore normal thinking. It also provides many strategies for being more effective in stressful situations than just being stressed. These strategies are the behaviors that non-stressed individuals employ in their daily lives, as well as in emergency situations. Relying on a lifetime of individual clients who presented with stressful problems of all magnitudes, Dr. Schacher shows you how understanding the basic workings of the brain/mind in stress and relaxation allows you to gain mastery over the stress reaction rather than have it master you.

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