Stress begins when we fail to recognize that difficult situations are designed by God for our benefit.
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How to Use This Manual

1. Have Balance

The American Institute of Stress reports that 75 to 90 percent of all office visits are related to stress disorders. However, we must keep in mind that there can be five root causes of diseases, not just one: what we think, what we say, what we do, what we eat, and what we inherit.

2. Do Not Judge

There is a clear relationship between various types of stress and related body systems. However, we cannot assume that because a person has a disease, he automatically has a related stress. This would be judging. Only the person with the disease can know if the disease has a root cause involving stress.

3. Identify Causes

Stress does not just happen. It results from wrong responses to situations and produces anger, guilt, lust, bitterness, greed, fear, or envy. Also, each stress has variations. For example, a person may deny anger but admit to getting frustrated. The body does not make this distinction. Both affect the autonomic nervous system and produce hormonal imbalances, which lead to diseases.

4. Resolve Lies

If we place our intellect above our conscience, we will believe lies that will then produce fears. Lies and fears pressure us to make unwise decisions that result in painful memories. These painful memories deepen our stress and the resulting consequences.

5. Apply Truth

The best way to transform painful memories is to apply universal truths that transcend all cultures, nationalities, religions, and political systems. When these truths are understood and lived out, stress is resolved and health often is restored.

6. Report Results

The ultimate freedom from the stress of painful memories comes as we are able to explain to others how we applied timeless laws of love.

Throughout this book, you will learn what these truths are and how you can apply them to the stresses that you may be experiencing. For special case studies, see pages 44–48.