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Dear Stress,
I'M BREAKING UP
WITH YOU.



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The Woman's Guide To End Internal And External Pressures While On Her Way To Success.

KY-LEE HANSON

DEAR STRESS, I'M BREAKING UP WITH YOU: The Woman's Guide To End Internal And External Pressures While On Her Way To Success.

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Section 1



The Weight Within

featuring

Patricia Yeatman, Kelly Rolfe, Tania Jane Moraes-Vaz and Karina K Ullrich

Editorial commentary by Ky-Lee Hanson

Free Sample

CAN WE CHANGE our state of mind to have a different outlook on life and create a different outcome? Of course. We are capable of creating inner peace or inner war. External factors play a role, but if we start within the self and spend the time to learn about and understand ourselves, we may find our reality looking a bit different.

Anxiety, depression, lack of self-confidence and little self-awareness could be clouding our judgement. The judgement of ourselves, of life and other people. Maybe what we perceive is not quite true. When we take the time to understand our truth with a balanced mind and look at our life from various angles, we can then own our truth, and get rid of what is false.

Maybe you think you are ugly, but are you? Really? Of course not. Stop owning that and own what is factual about you. “Beautiful” is a feeling, “ugly” is a feeling. What are you on the inside? How do you feel? When we accept it as a feeling instead of a truth, from there we can work to change from the inside out. If there are areas that are not quite clear, for example, you have an interest in something but have no experience or understanding of it, accept that you need to gain knowledge in that subject, begin to learn and then that interest becomes part of your truth. We are creatures of habit and it is easy to get into a routine, sometimes an unfavorable one, but it is also easy to make happiness a habit once we shift our focus there. Our routine IS our life, so we should make sure our activities and tasks are worth our time.

You ARE capable, yet many things may be standing in your way. Make sure that YOU are not one of those things. Be your biggest cheerleader instead of your biggest critic. Now, how exactly do we get that mean part of us to go away? The one who tells us we can't, the one who tells us we are ugly or not good enough. The one who tells us we don't have the time or worth. The truth is, time is ticking and we DO have unique worth. Not one other person is just the same.

Can we just break up with this inner mean girl already? Yes! But how? In this section, come and learn how to break up with your inner critic and mean girl. Patricia guides us on how to seize the day as the clock keeps ticking away, while Kelly help us identify that our inner critic can be silenced when we learn how to consciously evolve our thought process from a negative one to a positive one, and Tania teaches us when and how to say NO. And lastly, Karina shows us how to embrace and surround ourselves with positive and strategic influences in our life that will help us grow constructively, consistently, and positively.

Chapter 1

Tic Toc Tic Toc Tic Toc

by Patricia Yeatman



“What do YOU hear? The sound of time passing by - passing YOU by, an external clock, an internal clock or a time bomb.”

~ Patricia Yeatman

Free Sample



Patricia Yeatman

Patricia Yeatman is a mother of four (Erin 44, Kathryn 42, Christopher 37 and Amanda 35), a wife to Mark, a grandmother (Nana) of 9 (Makayla, Jack, Avrey, Hunter, Sophia, Charlie, Emma, Tom and Sadie), a friend to many, a professional actor since 1986 and a network marketing professional. She is 65 years old and proud of it. She believes that life is a gigantic gift that too many take for granted, herself included, until these last few years. She is fiercely loyal to her family and they have always been, and will always be, her priority, but she has now learned that taking care of herself is crucial to her well-being.

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STRESS IS DEFINED as, “A state of mental tension and worry caused by problems in your life, work, etc. Something that causes strong feelings of worry or anxiety, physical force or pressure.” Anything here sound familiar? The American Institute of Stress gives this definition, “Stress is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition.”

Well, to that I say, whatever *your* definition, we have all encountered it. Some live with it, some give into it, and some work to get rid of it. The latter is where I sit or at least where I try to. That is not to say I don’t experience high levels of “it,” but I have learned to be more aware of its knocking at my life door. My solution/resolution, is to live in the moment, not in the moments *that follow*, but the one you’re IN. This is a work in progress. I am a work in progress.

It begins with the realization that we all have it; you may hear some say, “I’m so busy I can’t think straight,” “I feel like I’m running in circles,” “I hardly have time to breathe.” There are many forms, many ways to express it, describe it, and we all experience this at one time or another, in our personal and professional lives.

At this very moment of writing this, I am in the throes of decluttering and downsizing as my husband and I decided to leave our beautiful home of 28 years to begin a new chapter. This has been very emotional for me as 28 years in one home brings with it many memories, but it also contains many material things that I have accumulated over the years; things I need to get rid of, to clear my physical space, and also my mental space. I realize that it’s also time to declutter my thoughts, patterns, beliefs, and fears, and realize that the stress of maintaining this large home could be alleviated by moving into a smaller home that would not have as many demands. You could say I’m a little stressed (Insert laughter). So what do I do? I agree to co-author a book (Insert an emoji face with big disbelieving eyes). I am still surprised, shocked and pretty darn proud of myself for once again saying yes to something brand new. It scares me, and I think that’s a good thing. So... stressful? (Insert laughter again) Sure, but I am using that to fuel me, not cripple me.

When all is said and done, I want to look back at my life and see that I truly
“lived.”

I am a 65-year-old woman, a proud wife, mother of 4 and grandmother of 9, a friend, an actor and an entrepreneur. I love my family more than any other thing on this earth and I know that by dealing with my “stresses” in a positive way, I am giving them a better wife, a better mother and a better Nana. I want to give them that gift. I have not always succeeded. I have definitely encountered a lot of the stresses that many of my beautiful co-author colleagues, friends and family have, or are, encountering. Motherhood, marriage, divorce, moving, death, health issues, etc. and the truth is that some of the stress from *dealing* with some of these issues, causes *other* forms of stress. When that happens, it is not pretty!

Recognizing and acknowledging that the sense of “strangulation” that we can get from these factors can cripple us or fuel us, is the first step towards controlling and hopefully, stopping this runaway train in its tracks before it does too much damage. It manifests itself in so many ways, emotionally and physically.

Meditation, affirmations, therapy are a few of the ways we can stop this thing in its

tracks, otherwise it is easy to fall into the “my life is shit” hole. Put your big girl panties on and kick stress to the curb or it will start to rule your life and then you will live in fear, worried about trying anything new, worried about making a mistake, worried about living the life you were given to live.

“*In the end, it’s not the years in your life that count. It’s the life in your years.*”
~ Abraham Lincoln

Even the greatest events in our lives cause us stress but the truth is, good or bad, it is all stress. Getting married, having children, having your child get married, achieving a degree in university, to name a few are all wonderful events and moments but stressful? Hell yeah! Stress is stress. Good or bad. Taking a moment to recognize that stress need not be a renter in your mind, and not allowing yourself to be a landlord and allowing it to reside within you, will allow you to evict the squatter and move past the darkness and into the light. This will take work, but it will be worth it.

As a professional actor, a profession I absolutely love and will never give up, I “live in the moment” when I am on the stage, as one must to truly give our audiences a truthful performance. My goal is to live my life the same way, truthful and in the moment. Enter my network marketing business for which I will always be extremely grateful. Again, something brand new, new territory, bringing up new fears that I had squelched. It is a little scary at first, then you realize what a gift it is to be in complete control of your future and to be able to offer that gift to others. When I made that decision 6 years ago, to venture into the absolute unknown – the world of network marketing – I had absolutely no idea how it would change me and help me evolve into a better person. It has enriched my life in so many ways.

There is such freedom in that, and yet, stress keeps creeping in every now and again, from the pressures I put on *myself*. When I recognize this is happening, I switch gears and remind myself of how *grateful* I am for what I am doing, how proud I am of myself for taking that leap into the complete unknown, a business I knew absolutely nothing about, for trusting that this was a way for me to have freedom and choice in my life. You may have heard this saying before, “Develop an attitude of gratitude.” Even on those days where you are crankier than a rhino in heat, take a breath and remind yourself of what you have. Look at the smallest things and be grateful for them. Take a moment right now to think of three things that you are grateful for today, at this moment. Feel the difference in your breathing. Force yourself to smile and your brain will translate that action into an emotion of happiness. Start to laugh. No, I mean it. Force yourself to laugh right now. Keep going and watch how, within seconds, you are laughing whole heartedly, almost uncontrollably and if anyone else is around you, *they* will start laughing because YOU are laughing. It’s contagious, like yawning! Stress has no chance to take hold when you take control of your thoughts and physical actions.

It pains me that so many my age, and *younger*, spend so much time “stressing” about getting older, they are missing out on precious moments of “*living*,” moments that are beautiful *because* we are older. Hey, don’t get me wrong, this ageing thing comes with a

lot of “crap”; the person in the mirror seems to have gotten more wrinkles overnight, a little arthritis might be setting in, there will be days when your back hurts, your feet hurt, hell you feel like you might be falling apart, and your doctor tells you that at “your age” you need a shingles shot, a flu shot, a pneumonia shot. Whaaattt?? Helloooo Mrs. Pin cushion. So where is the upside of this you ask? Well, here in Canada, you also get an “old age pension.” A little monthly present for living this long. Helloooo! Thank you. I remind myself that I am one of the lucky ones. Again, gratitude. Many never got to receive that cheque, never got to see their grandchildren grow up, heck some won’t get to see their *children* grow up. I have been reminded way too many times about how short life is and what a gift it is.

We have no control over when that will happen, but we can certainly control how we choose to live our lives up to that point.

Some spend their lives *waiting to retire* because they have worked their entire lives – some at jobs they loved, some at jobs they hated, but all for that almighty *security* of the pay cheque (you know, that sum of money that you get when you show up, when *they* tell you to, vacation when *they* tell you that you can, feel guilty if you have to leave a sick child but you *can’t call in sick* because *they* won’t like it.) Hey, if you love your job, that is fantastic! However, there are many who don’t; who spend their time “wishing” they were doing something else. Time is passing, and trust me when I tell you that it seems to pass a hundred times faster as you age, so find something that makes you happy, that gives you fulfillment. Don’t be an “ironing board” (a surfboard that gave up their dreams). Listen, you may be looking forward to “retirement” but are “stressed” about it, because you are now going to be living on 40% of your wage. There is life waiting for those who are worried. There are ways to alleviate that stress. Personally, “retirement” is not a word I will ever use for myself. I think of “retiring” as “going to bed” or “going to sleep” and for me that translates to “lying down and not being active.” I have no way of knowing if I will be forced into that one day, but until that day comes, I want to be alive, awake, and aware.

What I want to say is this, don’t let your age stop you from *starting* your life! It’s time to stop stressing about the seconds, minutes, hours, months, years that are going by, worrying about the time you have *left*, the time it takes to learn something new, the time it takes to plan another adventure, and treasure the *gift* that you have been given, and the moments you are living right now.

Take some risks in your life for heaven’s sake!

Stop living where you think it is *less* stressful, where it is “safer,” in that zone of “If I don’t fly, I won’t get killed in a plane crash,” “If I don’t tell a joke, I won’t risk them not laughing,” “If I don’t tell someone I love them, I won’t risk rejection,” and so on. I suspect that there will always be elements of bad stress in our lives to keep us on our toes. However, I believe we need to acknowledge it, identify it, and move out of it. I challenge you to grab life by the proverbial “balls” and get out of your own way. Do something out of your current “comfort zone.” Step out of that area that keeps you *safe* and venture into something new. It will breathe new life into you. Be brave, adventurous, open to learning and loving.

Wise words from a Sagittarian philosopher: “*Many people seem to live their lives as if*

this were a dress rehearsal. This is not a dress rehearsal. This is the real thing. The curtain is up and all the stops are out. You are alive. Start living.” And I will add be grateful, be kind to your body, be kind to yourself and others, be aware. Embrace your life and all that comes with it and take charge. The best is yet to come. Tic-toc people! Tic toc!

“Don’t watch the clock; do what it does. Keep going.” ~ Sam Levenson

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