



The Turning Point: Conquering Stress with Courage, Clarity and Confidence

Balasa Prasad , Preetham Grandhi

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What do we all have in common? Stress. Can't make ends meet? Stress. Addicted to unhealthy habits? Stress. Are you feeling trapped? Stress. Stress is the principal nemesis of human beings and an equal opportunity tormentor. It dampens your spirit and distracts you from reaching your goals. Ongoing globalization, rapid technological advances and a fragile worldwide economy have raised stress levels to a new high. Everyone feels stressed.

Tired of managing stress? Don't manage it, Conquer it! Use 3 bold steps Courage, Clarity and Confidence to conquer stress and take charge of your destiny. Use 'The Turning Point' to guide you step by step with real life examples. You will identify the source of stress and neutralize it forever. People usually look at stress from their own and the world's perspective, and therefore cannot grasp the dynamics of stress. This book introduces a new, ground breaking concept; Naturization. Naturization is the missing link in the fight against stress. Naturization provides a third perspective, nature's perspective, a key and an essential tool to conquering stress.

The Turning Point: Conquering Stress with Courage, Clarity and Confidence Details

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From Reader Review The Turning Point: Conquering Stress with Courage, Clarity and Confidence for online ebook

Shellie (Layers of Thought) says

Original review posted at Layer of Thought.

4.5 stars actually.

It's a "tell-it-like-it-is," down to earth, concise yet readable book which persuades the reader into accepting the true nature of our world (it's brutal out there) and then choosing a "turning point" to create a happier life.

About: Written primarily by Dr. Balasa Prasad, a practicing psychiatrist who has developed his *Turning Point Plan* over 30 plus years. In the book he highlights the human burdens of stress on our physical bodies and our emotional lives; then examines the origins of stress and the importance for us to accept the unchanging "laws of nature". He also talks about the link between addictions and stress, and PTSD (Post Traumatic Stress Disorder) and stress. He then moves onto the importance of realizing one's place in the world, and the responsibility and courage for making changes in our lives. At the end of the book there is a special and insightful section (by Dr. Preetham Grandhi – a child psychiatrist and Prasad's son in law) on stress in children.

Also an anesthesiologist, Dr. Prasad has cured many of his patients, including those with phobias and addictions. Interestingly he gets to the root of the problem quickly within a few sessions questioning each individual about their past, even administering a "truth serum" which helps them to reveal hidden experiences, traumas, and beliefs. He then suggests in a clearheaded way - logical solutions which amount to choices by the patient so that he/she can move forward and enjoy a less stressful life.

Thoughts: This is a terrific book (and I've read A LOT of self help books). It's clear and easy to read, and it's written by two experts in the field. Even better is that it's slim and accessible, and jammed packed with thoughtful truths about our natures and our world. Also included are case studies and personal examples. In my opinion Dr. Prasad is very grounded and has a extremely clear view of what life is about.

Granted the book may look like many of those fluffy self-help books on the market (with its typical sounding alliteration in the title), however, this book does exactly what it promises. My only negative thought about **The Turning Point** is that I'm not sure everyone will be able to recognize their own dilemmas - those that are so easy for Dr. Prasad to observe and which are showcased in his book. But hopefully reading his book will push those in need into finding help? I think that if Dr. Prasad and Dr. Grandhi included several sessions using the *Turning Point Method* with the purchase of the book (I could use a session or two) the book would be perfect!

If you're going to read a recent book on bettering your life (or give one to a needy, faltering friend or loved one) I think this may be it. It's direct and packs a punch that may push lost individuals back on track. Highly recommended for looking toward the new year and making significant and important changes for a happier life. This is a 4.5 stars in my opinion.

April says

This book goes into detail about what stressors we all have and how to conquer them in laymens terms. these doctors dumb it down for those of us who are tired of reading the medical terminology of stress and then laying the book down half way through and saying WHAT? this book allows you to see the stress and hopefully conquer it by giving you ideas on ways to lower and even eliminate the problems. the book goes from childhood to adult hood and the many stress problems we have today. even if you dont think your life is full of stress (I dont know anyone that could say that) you should still read this book you will be suprised at what you learn. Won on Good reads . com

Joshua Johnson says

Good work by Preetham on managing stress. Would recommend to a friend.

Wendy Hines says

Stress? Oh yes, I have that. In fact, loads of it. So when if there's a few pointers out there to help me alleviate some, I'm on it. I've read a book by Preetham Grandhi before, but it was non-fiction, not a self-help book. That book, though, used some of his personal work as a foundation for the story. So I knew that he would know what he was talking about and looked forward to some insight.

I wasn't disappointed. With three main steps, Courage, Clarity and Confidence, and some other pointers on how to identify the stress, you can help alleviate some stress in your life - personal or work! There are several real examples to show you how it works and it was very easy to read and follow along. No big words that I had to go searching out the meaning for - which is always a deterrent when you're reading. Definitely a must read for anyone wanting to get some clarity with the stress in their life and for those who enjoy reading self-help books.

Story of Choice says

I have mixed feelings about this book. The authors are sincere, experienced, and offer some useful frames for discussing stress. However, they present debatable assertions as insufficiently supported empirical claims. The writing, while immature, is satisfactory for the subject matter but the content, while supported with interesting case histories, fails to inspire confidence.
