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ABOUT THE AUTHOR

Tony Adegbenro is a Life and Parent Coach, Spiritual Mentor, and Motivational Speaker. He reaches some 2,200 people weekly with words of hope and encouragement in order to help each one live the best possible life.

He's also the Founder and CEO responsible for creating Hope House Project; a registered charity dedicated to meeting local community needs by providing Kids Clubs, Youth Clubs, diversionary activities and mentoring for people of all ages and backgrounds in the area of Skelmersdale, Lancashire in the United Kingdom.

The Hope House Project has been recognised as a centre of excellence by county councils, police and other local youth organisations and has been providing services to young people at different centres around Skelmersdale since 1992 years. Hundreds of young people, aged between four and 24, have benefited from its work.

His three teenagers as well as Dola, his wife, have contributed greatly to the successful running of the project and also in bringing this eBook to you.

His amazing achievements are the living proof of the stress free life that Tony lives as a result of the daily application of the principles and tools that can be found in this eBook. Further, he dedicates himself to helping everyone that he comes into contact with to achieving their ultimate potential.

Living a stress free life, does not necessarily mean lack of involvement in activities. Tony is a very busy guy. But, he likes it that way. His weekly schedule includes:

- ✓ **Managing a football team** for boys under 19, taking training sessions and weekend games. Here, he's able to transfer his skills to young people enabling them to be a winning team.
- ✓ **Applying the How to Kiss Stress Goodbye tools to raise champions**, as a team they have won league and cup championships for the past 5 years; plus other football cup finals.
- ✓ Running a **Kids Club for Children**. This relieves parents of their stress, giving them a necessary break twice a week.

- ✓ Running a **Youth Club for Young People**, getting them off the streets to a meaningful and purposeful life, away from anti social behaviour.
- ✓ His other midweek activities include **motivational talks in primary and high schools** and weekend activities.
- ✓ He is engaged in 4 to 5 days of Christian Activities per week.
- ✓ He also performs Community activities as **Chair of the Hope House Project**, helping to make HOPE A REALITY for many. This involves working with other organisations and managing staff all at the same time.
- ✓ He has also been **working 9am to 5pm** for 14 years!
- ✓ He now runs his **internet business from home** to give him time to do all of the above.
- ✓ In addition to all this he has a **family of 5!**

Isn't that challenging enough? Imagine combining all of the above. He surely qualifies to be an authority on stress management and worth listening to.

Well, if he can achieve it you can too.

These activities bring him into stressful and challenging situations almost every day, but as he said "I`VE KISSED STRESS GOODBYE" YOU CAN TOO! Just as he did.

FOREWORD

There is greatness in you, which is why you are reading these words now. This book is dedicated to great men and women such as yourself. Some of you do not see yourselves as such. It doesn't matter what you have been through but it matters that you are going somewhere. I believe this book will pull out of you all that is overdue that you need to let go of and finally, **Kiss Stress Goodbye Forever.**

You are not a mistake in any way. Something is about to happen and in fact it is happening right now as you read this page.

- ✓ The potential for greatness in you is connecting to the potential for greatness in me.
- ✓ A sense of achievement in you is connecting to mine.
- ✓ This book is what you've been waiting for.
- ✓ A seed is about to be planted, one that will grow into great things.

THIS BOOK IS A SEED!!!

Great things come through a seed. We must recognise the potential of a seed. **Small changes can and will make a huge difference.**

It's been said that big things come in small packages. There are dozens of tools in this eBook that you can pick from for maximum impact to Kiss Stress Goodbye Forever.

The mighty redwood tree, for example, begins with a tiny seed. There's something in you now that may be as small as a seed, but the principles and tools in this book will enable whatever it is to grow into greatness.

Read, digest it and before long the potential for stress-free living will be introduced into your life, page after page. As you think, so you will be. The next few pages will flood you with thoughts that will soon shape

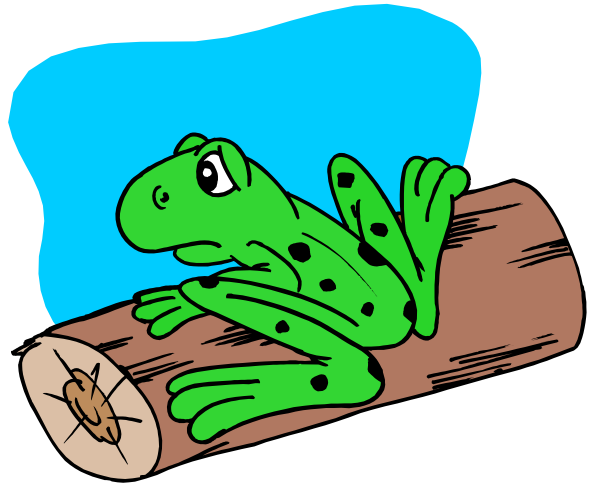
you to live the life that you really want to live. This will allow you to impact everyone you come into contact with in a powerful way.

STORY OF THE 5 FROGS

Five frogs were sitting on a log. Four of them decided they were going to jump off the log.

How many of actually jumped off the log? What's your answer? Did you say 4? Wrong. The answer is none. Why none? You may ask.

The 4 only *decided* but never **ACTED** to carry out their decision Are you like the 4? Will you be the 1 that will take action and be an **EXCEPTION**?



I believe in YOU to take action and KISS STRESS GOODBYE FOREVER If you take on this moral alone and look back at the times and places:

- ✓ You have failed to take action
- ✓ You procrastinated
- ✓ You left undone what could have been done.
- ✓ You were left with a pile of incomplete projects and tasks.

This one **NUGGET** is probably all you need to work on now to kiss stress goodbye forever.

Have I hit the nail on the head? Are you in agreement that this is the major area you need to work on, taking **ACTION**.

You only need to take action on any 1 of the many golden nuggets in this life transforming eBook to change your life forever. There will be many things that you need to work on but take them 1 at a time.

If we're in agreement so far, I am glad to have been instrumental to awaken this truth in your life.

Please, please **TAKE ACTION.**

I know you can.

I believe you will.

Tony Adegbenro

Create Your World Enterprise

Helping YOU Create YOUR World

Please note that an Audio Mp3 to the complete book for easy listening on the go, in the car, at home while doing your chores, while jogging etc



This workbook allows you to make notes of action to take for faster results



Please [click here](#) to download the full Kiss Stress ebook package of ebook, Mp3 Audio and workbook that will enable you to get better result and eliminate stress faster

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*How to Kiss Stress Goodbye Forever
The Stress Buster Manual*

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YES, YOU TOO CAN **Say Yes To...**

- Wanting to be in style and not to feel robbed.
- Wanting to attract the opposite sex without much effort.
- Achieve comfort and be popular.
- Gain pleasure and be independent.
- Save time and money instead of losing them at present rate.
- Able to protect self and family better.
- Avoid embarrassment as has been the case sometimes.
- Gain prestige and win the affection of others.
- Bring back pleasant memories.
- Want to take advantage of opportunities that go begging.
- Be efficient, loved and liked.
- Want to resist the dominion of others.
- Gain self respect and social acceptance.
- Be respected as an authority.
- Want to be your own boss or get a better job.

I can certainly hear you say “that sounds like me” How did he know that I really wanted these things?

The tools in this eBook now empower you to answer an *emphatic yes to any of the above* allowing you to create your own world and live a better life.

Congratulations and WELCOME TO A NEW YOU!

FASTEST WAY TO GET RESULT IS TO TAKE ACTION NOW

How many times have you...

- Listened to a radio
- Watch a TV programme
- Been to a seminar,
- Heard something that caught your attention
- Attended a discussion group and said immediately "I am going to do that" and you never did anything?

You meant well but never took any action.

Help is on the way to get you to take action.

Using the action page found in the corresponding workbook will end the cycle of not taking action, once and for all.

Let's imagine for a moment...

- That there's cash to the sum of £10 billion in a room.
- The room is in a mansion purpose built for you.
- The mansion has a gate to secure the money.
- The gate requires a code to unlock it.
- The code is about to be read to you only once.

Will you trust your brain to remember it or will you get a pen and paper quickly to take the code down?

I think I know what you will do. And that's what you need to do now.

Without taking action you will not access the dream you have long waited for. The abundance and freedom you so much desire.

Take a pen and paper and get the code now.

We've covered quite a lot in this eBook. You've made several notes (I hope)

THE 3 DIFFERENTLY

"Whatever course you decide upon, there is always someone to tell you that you are wrong. There are always difficulties arising which tempt you to believe that your critics are right. To map out a course of action and follow it to an end requires... courage."

Ralph Waldo Emerson. 1803-1882, Poet and Essayist

See differently

You must have heard it said before that whatever you look at and keep your focus on, grows. You will certainly see more and more of it. How many times have you decided to buy an item be it a car, a house, a dress or whatever? Soon you begin to see the same item all over the place as if they never existed before.

Changing your focus will prevent you from feeding it. Remember that whatever you feed will grow. Therefore, you must learn to be purposeful in what you envision in your mind's eye.

Talk differently

Out of the abundance of the heart, the mouth speaks. Just as what is inside comes out of you, so also, when you begin to put new things in, new things will come out. You must develop a language that reinforces a stress free life and attitude.

Kick the word STRESS as far away as you can. Refuse to embrace or romance it. You cannot afford to claim ownership of it either. Have fun as you develop a new vocabulary.

The word stress, as far as you are concerned, does not exist in your vocabulary. I used to be stressed but never again, is your new language.

Begin to use affirmations, covered later in this book, as a replacement for your stress vocabulary.

Act differently

Like it or not, stress shows up on your countenance. And, most people who see someone stressed and upset run the other direction. Sadly, they react as if stress and negativity are contagious, which they are. Instead, try the following:

- Lift up your head.
- Refuse to look stressed.
- Change your posture.
- Don't let yourself go.
- Don't walk slumped with your shoulders down, head bowed.
- Walk differently. Walk purposefully
- Walk straight and with intent.
- Walk with a smile as though the world is looking at you.



REPROGRAMME YOUR MIND

The mind is the battleground.

Every war that's ever been fought was first won or lost in the mind of the military general in charge.

Every political election won or lost was first won or lost in the mind of the campaign strategist behind the candidate.

The battle over stress has to be first won in your mind before it is won in the area concerned; whether in your finances, family, business, relationship or whatever.

Every child born into any age or civilisation receives an automatic programming once he/she steps out of the womb.

First is the influence from the family, then school. The environment first plays its part and then the society. You cannot overlook the influence of the media (newspaper, radio, television) as well. These all help to shape and programme every individual.

The stressed life that many have is a result of negative programming from these sources. Many have never recovered from its impact but the good news is that the mind can be reprogrammed and that's what this eBook is doing and will continue to do for every one that comes into contact with it.

This will then set the stage for your new life of success and victory through a reprogrammed mind. This is all you need to win in every area of your life whether personal, family, social or business life.

So welcome to fresh information and insight that will totally help you re-programme your mind from all that you've carried these so many years of your life

Today is a brand new day to offload all that's been programmed, that's kept you stressed. They are about to be shifted and your mind is about to be turbo-charged, energised, refreshed and then reprogrammed for success.

HOW TO CHANGE YOUR LIMITING BELIEF

The limiting belief is like a chain. You must believe that it can be broken.

At one time or another you had a feeling about what something or someone meant to you. You soon made that feeling strong and certain. This began to control your attitude toward that person or thing. This formed strong chains in your mind and you've lived with it. And ultimately, their words and actions carry the weight of gold in your mind.

We have all had hurtful and negative words spoken to us by parents, teachers, peers, colleagues and sometimes total strangers. Words spoken with such intensity and emotion, that the frowned face and the words created such an unforgettable memory. Words that stick in your head and you try hard as you can to shake them off without success. The thoughts play on and on in your mind like a broken record and you wish you could scratch that CD or DVD so that it will never ever play again.

The problem with these words, is that when we are unable to leave them in the past and we continue to replay them in our own head or hear them enough from other people, we actually believe them to be true. Pretty soon, these words begin to define how you see yourself and even who you are.

You and I have stories we've told ourselves. We made the story up from our circumstances and environment.

Stories like:

I can't do this or that because of...

- Weight, height etc.
- Finances or lack of it.
- Education.
- Disability.
- Colour of skin.

- Other family situations.

If you've been told that you are a failure and believed it, then you'll never take a risk to change your life until you change your thinking. What is fundamental to your health and becoming stress free is to deal with **YOUR LIMITING BELIEFS**.

BABY ELEPHANT



The story is told, and you may have heard it, of a baby elephant that was taken to a new environment and got tied to a tree with a chain

Time after time the elephant was chased but every attempt to run and break free proved futile.

This chasing went on for a while until the baby elephant decided there was no point running. The baby elephant soon conditioned itself to thinking there was no way of escape and so stopped trying. Later when the elephant had grown to be very big and the chain was cut off its ankle, it would still remain by the stake.

When chased it would refuse to move. The elephant soon gave up and would not even try when chased. The mark on the ankle may be a reminder to the elephant but you and I as humans have a much, much higher level of intelligence.

Yes, you were injured and the bruise may still be tangible, but know today that the chains are broken.

You are now

- Free to move on.
- Free to live your life again.
- Free from the control of the limiting beliefs.
- Free to Kiss stress goodbye.

It's time to be decisive. The journey to transformation begins now. Take it that there is no tomorrow.

You will soon change your:

- Bank balance.
- Health, environment.
- Children, your future, in fact everything about you will change because of an instant decision to wear your coat. Allow yourself to be different.

You have the power to de-programme yourself from those words of yesteryear and rewire yourself, thereby starting again. It's great fun.

Here's your chance to prove them all wrong.

- **The school teacher that said you will not make it,**
- **The family member that belittles you.**
- **The friend that puts you down etc**
- **Make them your motivation.**

Break the limiting belief and fire yourself with affirmation.

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AFFIRMATIONS, VISUALISATION, AND EMOTION

Nothing will ever be attempted if all possible objections must first be overcome.

Samuel Johnson 1709-1784, Author

Note: This chapter is most effective with the corresponding workbook in hand. Complete the section for this chapter, in the workbook, once you've read the pages here.

Re-programme your mind with fresh affirmations, visualisation and add emotion. Here we go:

WHAT IS AFFIRMATION?

Affirmation is to assert positively.

An affirmation is a positive statement that will programme your subconscious mind for whatever you want. It is a statement you send to your mind to programme it. Make it short and to the point.

You will say it won't work. It will not, if you do not add these key ingredients.

For greater power add 2 things to affirmation.

1. Visualisation
2. Emotion

Affirmation must start in the personal, present, positive.

Personal - I

Present - Am

Positive - A good mother
- Intelligent
- Able to.....

The personal, present and positive application gives your affirmation the strength it requires.

If your affirmation is, I am stress free.

WHAT IS VISUALISATION?

Simply put, this is to imagine and put a picture in your mind towards that affirmation as a positive outcome. Visualise people you know, like your friends, mum, dad, workmates in your mind's eye as they begin to...

- Congratulate you.
- Make good remarks about your calmness.
- Talk about your easy attitude.

Try and imagine the shock on their faces as they say...

- I can't believe it. You've changed so much.

See the expressions on their faces as it changes in amazement concerning your new found confidence and stress free life.

WHAT DO YOU MEAN EMOTION?

Adding emotion means to feel what you are imagining.

- Visualise this and add emotions to it.
- Feel the relief in your calmness.
- See the calmness.
- Hear them say things like "How did you do it?"
- Hear yourself reply by saying "It's so easy".

Your affirmations must be in the positive. Do not allow yourself to leave room for failure. Making statements like I'll try, if I can, and maybe will not produce change in your life because, you are giving yourself permission to fail. And, you've probably not broken free from the limiting beliefs that you hold, if you are still making excuses. These do not exist as far as you are concerned.

Let me give you a concrete example of how this works in a real life situation. People have remarked on how I've been able to handle very difficult situations.

I remember a lady that was in an association I belonged to.

- She was a handful (very abrupt to say the least).
- A know it all type of a person.
- You do it my way or no other.
- To her you are a subordinate.
- An 'I am better than you are' type of person.

Others took her seriously for whom she said she was. All I did was not to take her seriously. I just played with her.

I tried to diffuse the situation while I remained calm- using positive affirmations like:

- I am stress free.
- 'You will not make me angry' type of a disposition.

To the amazement of others I got on well with her. I had no problem being where she was at any time. There was no need to avoid her. I enjoyed the challenge which I won. She left the organisation eventually and I am still there.

Using affirmation will feel strange and funny at first, even awkward. But in order to experience success, you must not doubt. Believe that this process will work and repeat it until you see results.

DOUBT

Doubts will come to your mind at the beginning stages. Your mind will say "you can't be serious", but you must keep on going.

You don't give in to every doubt do you?

Of course not. Persistence is the key.

With on and on declaration of your affirmations, belief grows; doubts disappear and you reach your desired state

BELIEVE

That you will realise the state you expect.

Giving up is no option.

Be strong in your determination to see this to the end.

REPETITION

You must keep at it. Day by day, time by time.

You will be tempted to pack it in but you keep going. Assume that you are digging for something that you know is 100% there. Will you quit? No. You will not because you know it's there. Have the same mind when doing this.

ENTHUSIASM

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.

Charles Kingsley 1819-1875, Author and Clergyman

This is defined as a feeling of eager liking for, or an interest in something. You can suddenly be enthusiastic about something and the thought of it simply takes you over.

What you did, was to allow the state of your mind to change. You took control and decided to be sold on the ideas and you brought about a change instantly.

Enthusiasm has an underlying power to raise your hope to a new high.

- You can do anything when you have it.
- It's the grit of your hands.
- It's the sparkle in your eyes.
- Every achievement ever known to man has enthusiasm at its roots.

Look at the last 4 letters of enthusiasm. It spells **i a s m**

Take that to mean **I am sold myself**

You must have something that you are really enthusiastic/sold about.

What are you most enthusiastic about?

What is the one thing, or project, that you can get your teeth into like a dog does with a bone?

What's the idea that can take so much of your waking thought?
It may be something bigger than you can accomplish alone. Something that will touch and change other lives.

Why not sell yourself an idea right now that will break and shatter stress? You will be in a state where you can't be stressed. Your whole being is wrapped in whatever the thing may be.

- The thoughts of it get you all fired up.
- You feel new and full of life.
- The idea takes you to a new world in your mind.
- You begin to figure things out. Planning with great delight.
- You picture the smile it brings to people's faces.
- The joy it gives them brings you satisfaction.

The pleasure that you provide in the successful accomplishment of the idea. Why not believe that **you have the power** to do that without anybody's assistance?

Beware: Just like you can press the positive button anytime and make yourself happy and overjoyed, you can also press the negative button anytime and make yourself sad.

JUST IMAGINE THAT

You received bad news through the post and stay there all day moping. Let's also imagine that suddenly the phone rang and you have been offered an all-expense paid holiday of a life time.

- Your boss signs you off-work for a month.
- The pet will be taken care of in your absence.
- Your whole family will be treated like royalty.
- You don't need to arrange anything except stepping onto the plane and off you go.
- You will be welcomed or greeted by your favourite movie star/hero or the person you'd love to spend time with one to one.

Suddenly your mood has changed from bad to excitement, bewilderment and unspeakable joy.

Congratulations, you've just CHANGED your state and guess what? You can do it as often as you want, beat the stress challenge and switch off.

IT'S TIME TO LET GO

God, grant me the serenity
To accept the things I cannot change;
The courage to change the things that I can;
And the wisdom to know the difference.

Karl Paul Reinhold Niebuhr
1892-1971, Theologian

Many people describe stress as feeling "out of control." Maybe you find yourself powerless to change the situation or person that is causing discomfort, anxiety, and possibly even anger. But the reality is, if you take a step back and look at the situation, you might find that control is not what you need at all. Instead, you need to let go!

Consider getting a bird's eye view of the situation. When you can look at something by standing back and detaching your emotions, it will not have the power to stress you out. Like a bird, big things seem much smaller from a different view.

Ask yourself, why am I stressed? Is it really worth it? Is it that big of a deal? Will this affect my life in a hour, tomorrow, next week? When you can get perspective with these questions, you will find that many situations are not as big as we make them out to be.

And, they don't deserve the amount of energy and emotion that we give them when we lose our cool.

What is important here is the relationships that you may be damaging and sacrificing all in the name of reacting and trying to maintain control.

- Who are you in control of?
- Who are you punishing because of your stress?
- Who have you been manipulating?
- Who have you been making to pay for something when they fail to do it the way you think it's got to be done?

Is it your partner, child, employee, employer, colleague or anyone else close to you? It's time to let go. As you let go of people and the situations so you will let go of your stress.

Take a different approach

A diamond is a chunk of coal that is made good under pressure.

Henry Kissinger 1923-Present
Nobel Peace Prize Winner

I am not at all suggesting that you become complacent to situations and life. Neither am I minimizing the importance of what you are feeling. Simply put, you cannot gain control of anyone or anything until you first gain control of yourself. After you've done that, you can take a different approach. That's when you will get the results you want. That's what it takes to resolve situations without punishing them.

First, release yourself from the responsibility you're taking on, to make them "see the light." When people feel like their ideas are not heard and valued, they are not willing to hear and value your ideas, much less accept that yours might be the right way.

If we treat people around us as they are, that will not be as helpful as it could be. Better, then, if we treat them as we hope they will become.

The moment you take this viewpoint everything will begin to change.

Begin to address each person as you know they would like to be addressed. If this seems difficult at first, just think about how you'd like to be treated.

- See them as winners.
- People with a purpose in life.
- Legends not in the future only but now.
- Champions who can and will achieve beyond measure etc.

You are the answer

The moment you realise and accept this, you will live differently in everything you do.

You will see your world in a **"I am a solutionist"** way rather than whatever happens is ok.

You and I are the answers to situations surrounding us. It's not anybody's responsibility but ours. We are in the positions we are in for a purpose. All we need do is allow our little lights to shine in those places.

The whole world will soon be completely full of light.

You can do it. You are well equipped with this eBook to do it.

Kissing stress goodbye will enable you to **effortlessly solve** the problems in your community, town, village, city, or wherever you may be.

Solving problems and being the solution for circumstances and people around you can be as simple as...

- Being available to lend a hand or listen.
- Just saying, "I care..."
- Sometimes a smile is all it takes to cheer a drooping heart.
- Lifting up the broken and wounded.

Maybe you are thinking, "that's why I am stressed in the first place". If trying to save the world around you has become a chore, then slow down. Take heart, the real truth is you only need to know that you are not alone. There are others like you, only they have conquered the

same situations that seem so impossible to you right now. It really is possible to be stress free.

You will break out of the box. You will find a way to attend to others. And when you do, your need will be met at the same time without even thinking about it.

So, where do you begin? Start from your own community with something that touches your heart.

All around us is...

- Social isolation and deep rooted loneliness.
- Erosion of family and religious values and ties.
- Strong social support that are powerful stress busters are being abandoned.
- Crime, threat to personal safety and violence are on the increase.
- Substance abuse due to peer pressure is growing.

You just need to be you. No experience is needed other than what you already have. You are already equipped. You and I have a great opportunity to impact lives.

The **definition of insanity** is to keep doing the same thing day in day out and expect different results. You have creative powers to do something new today.

Exercise the right for change today and you will reap the benefits. You can rarely create your own world the way you want it. Now you have the chance, no questions asked.

7 STEPS TO A NEW YOU IN 7 DAYS

Note: Refer to the corresponding workbook to complete this process. just reading about it is not enough. You must take it in, digest it, and apply it to your life.

1. Learn To Love Yourself

This might sound very cliché, but the way that you feel about yourself affects every area of your life. You must know and believe that you are valuable and important.

If you do not feel valuable and important, it will show up in every area. The way you enter a room will be lacking in confidence. You will not take risk and challenges. And as a result life will be unfulfilling.

Make a list of **10 things you like about yourself**. Read this list often and add as and when.

- ✓ I like being.....
- ✓ I am happy when I.....
- ✓ I like the way I do.....
- ✓ My.....makes me happy
- ✓ So too my.....
- ✓ And obviously my.....
- ✓ I am happy because I make.....happy
- ✓ Helping.....makes me happy
- ✓ Spending time doing.....makes me extremely happy
- ✓ Time spent doing.....makes me happy

These are only suggestions. You can use each of the above and build 3, 4 or 5 happy moments to them. You can build this list up to 100. Just doing this alone will send a wave of joy that will kiss stress goodbye.

2. Surround yourself with positive people.

There are a couple of sayings that are appropriate here. First, "birds of a feather flock together." And second, "attitude is contagious." if you surround yourself with people who are always upset, complaining, and have a 'glass half empty' outlook on life, pretty soon you will find yourself acting and thinking the same way.

The same is true with positive, 'glass half full' people. You will be less stressed when you are with people that are supportive and who understand the importance of liking themselves the way they are.

Refer to the workbook to complete the exercise below:

- ✓ People like.....
- ✓ Read positive books and magazines like.....
- ✓ Listen to music that sends a positive message like.....
- ✓ Watch positive TV programmes too like.....

3. Celebrate

Life is worth celebrating. We get so caught up in the day to day, that we forget to be thankful and celebrate what we already have and what we've accomplished. Learn to celebrate all the things you've achieved in your life, especially the great things that your body allows you to do e.g. breathing, running, dancing etc.

It could be from school days or recently. Something like a
Sporting moment.....
Prize giving day.....
Achievement.....
A competition.....
Recognition.....
A contribution of time, money or skill that you gave to.....

4. Shut down opposition

That voice in your head that tells you what to think and how to feel about yourself is often your worst enemy. Maybe you tell yourself your body is not right or you are not smart.

Overpower those negatives with positive ones. The next time you start to tear yourself down just build yourself up again. This is where affirmations come into play again.

5. Cooperate with your body

If your body image is something is a state of stress and negativity to you, you must first take care of your body in its current state. Wear clothes that are comfortable and that make you feel good about yourself. They need not be expensive. Don't let yourself go and start wearing just anything.

6. Do something nice for yourself

You may find that you are the only constant in your own life. You must learn to be your own best friend and your own biggest advocate. Cherish yourself by doing something different. It could be as simple as a night out, a visit, a bubble bath, or just finding peaceful place to relax.

7. Reach out to other people

Getting the focus off of your own problems can clear your head so that when you come back to them, they will be easier to deal with. You can do this by helping someone else and taking the time to make a positive change in the world surrounding you.

The use of your time and energy in this way takes your mind off stress and ultimately helps to kiss it goodbye. It also puts things in perspective. Your situations may be rough, but they could be worse.

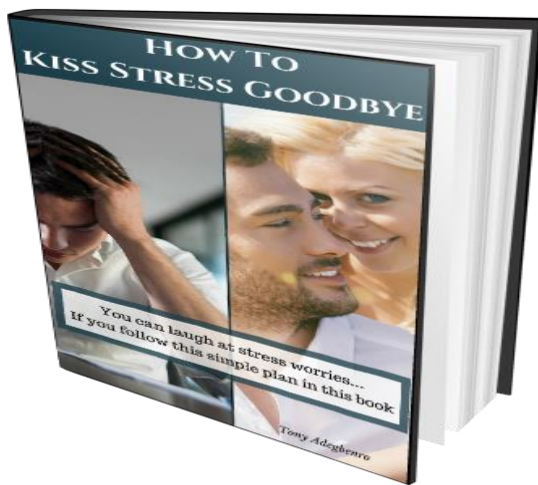
Note: If you have not taken the time to complete the corresponding exercises in the workbook, stop now and do them. Remember, without

action, this information is incomplete. If you put it to use, it has the power to change your life!

Please note that an Audio Mp3 to the complete book for easy listening on the go, in the car, at home while doing your chores, while jogging etc



This workbook allows you to make notes of action to take for faster results



Please [click here](#) to download the full Kiss Stress ebook package of ebook, Mp3 Audio and workbook that will enable you to get better result and eliminate stress faster

Please [Click here](#) or visit www.kiss-stress-goodbye.com

*How to Kiss Stress Goodbye Forever
The Stress Buster Manual*

IT'S OKAY TO SAY NO

Maybe, like some people I know, **you are stressed because you are afraid to say No.** Well let's kick that problem out of touch once and for ever.

Saying No is healthy.

You do not owe anyone ANYTHING but to be true to yourself.

You can say No and not feel guilty if you know it's sincere that you really can't help. You're probably saying Tony you don't know the people I know. Well maybe I don't; but human beings are human beings.

People like this

- Will make you feel guilty.
- Are manipulative.
- Are controlling.

You just need to know them for who they are. If you need to attend an assertiveness class etc. then get it done quickly before you run yourself down. The people you are doing this for couldn't care less about you.

Most of our obstacles would melt away if, instead of cowering before them, we should make up our minds to walk boldly through them.

Orison Swett Marden 1850-1924

Founder of Success Magazine and Award-Winning Journalist

Replace saying "NO" with.....

I really don't enjoy that type of work.

Be frank with them if it's something you really do not enjoy. Don't kill yourself to please anyone.

I already have another assignment.

Whatever that assignment may be is your own choice. It may be helping an old lady, helping out in your kid's school, a doctor's appointment. That's fine.

That will have to wait.

This is because I already have a few things to deal with and will not do the job to your satisfaction otherwise. You may say half bread is better than none but I would rather say it's all or nothing.

It's a case of ALL or NOTHING.

What you want doing will require my all, but presently I can only offer nothing.

Thanks for thinking that I qualify. I am really honoured but the job exceeds my capability. Don't be afraid to decline if it's too high a task. Whilst you need to push yourself, you don't want to push yourself over the cliff.

My schedule is full at the moment.

I cannot take on any new task. Produce the schedule if it's truly full. This is one reason why you should keep a schedule. It will come to your aid in times like this.

I don't have an answer to that question.

You are not supposed to know all. Take the pressure off yourself by speaking the truth. Let the enquirer know that you will find the answer to their question and come back to them.

SOLUTIONS

- Suggest an alternative time when it can be done.

- I have the following slots in my diary please take your choice.
- Offer options.

All you are saying is No not NEVER in most of these cases.

That should allow both parties room for further communication next time. If the person truly respects you they will honour your honesty. They will love you for standing up for yourself.

It's not always the situation but how I see it.

"I am determined to be cheerful and happy in whatever situation I may find myself. For I have learned that the greater part of our misery or unhappiness is determined not by our circumstance but by our disposition."

Martha Washington 1732-1802, First American First Lady

STATE OF MIND CONTROL

No. You have not lost your mind.

Yes. You can control your mind.

Yes. You have the means and knowhow.

I'll show you now.

MIND EXERCISE

How to instantly put yourself in a state to be stress free

Exercise #1

- Think of a time when you were really happy. A time that you felt really, really good.
- Keep that time, place, and environment in mind.
- Play it back for a minute or two.
- Recall the smell, the sight.
- Replay the music, hear the sound.
- Visualise the environment as vividly and as clearly as possible.

Take note how you feel right now as you remember the event. Stay there for a moment. Don't rush this part. Enjoy it. Really enjoy the moment again and again. You've just taken the reins and you are in control of your mind.

Exercise #2

- Go through your library of movies in your mind.
- Arrange them in order of top 5.
- Then focus on the No1, top of the list absolute, ultimate, unbeatable No1.
- Play it back now from beginning, slow it down or just fast forward it as you like - You are the movie director.

Your posture possibly has changed and maybe your breathing too. If this is the case, you've just changed your state all by yourself.

Exercise #3

- Just imagine now that your numbers have come up and you've just won big money on the lottery.
- What's the feeling like?
 - Happy?
 - Excited?
 - Outrageously on a high?
 - Just by playing back the moment or thought, you've just changed your state.

You can do this when stressed.

- Anytime.
- Anywhere.

TESTIMONIAL

I recently followed this trail and I can tell you it's like magic. I was in a mess following a combination of events in my life. I then decided to play back some scenes from my school day that gives me the greatest pleasure.

To my amazement, I was able to recall faces and names and conversations which as they flooded my mind really transformed my stressed condition dramatically.

I have since tried this on several occasions and I can assure you that it's a great stress buster.

Mr A Sanya.

Have the will to kiss stress goodbye

"The first step to becoming is to will it."

Mother Teresa

GRATITUDE/THANKSGIVING

DON'T KNOW WHERE TO START FROM?

Simply express your Gratitude/Thanksgiving

Begin to...

- **Think of the things** you can be grateful and thankful for.
- Suspend thoughts on what you want or what you don't have.
- Be thankful: for your life, your health, even as it is now.
- For your children, family (some don't have any)
- For your job, career or business.
- For friends, colleagues etc. **EVEN AS THEY ALL ARE NOW**

This attitude of thankfulness has tremendous healing power you may have never experienced in your life until now. It can be expressed in what is called prayer.

WHAT IS PRAYER?

It is simply a conversation with the divine being in whose image we were made.

Good News is

You choose when and where to talk to Him.

He is attentive and ready to hear you anytime.

Divine that He is, He neither sleeps nor slumbers.

Whenever you are ready, He is ready to listen.

Maybe you've discovered your spirituality. This chapter is for those who are still searching, those whose effort in the past has not filled the void. You will find this an eye-opener.

- Prayer is simply talking like you are talking to a friend.
- Believe that there's a being in existence.
- That your words are not being thrown into the air with the hope that someone will catch them.

It's a conversation with a higher power with more

- resources
- capabilities
- knowledge to handle whatever you talk to him about.

He's the most confidential source you will ever have.

Your secret is safe in His hands.

SAMPLE PRAYER

Thank you, dear God that I am alive. Things may be good the way they are, but a change is coming right now with your help.

- Thank you for bringing this eBook my way.
- It has guided my thoughts.
- It has given me information to work on.
- Thank you God, for making me someone with integrity, class and a remarkable contribution to society.
- Thank you for changing the course of my stressful condition.
- I am confident that I will be different from today.
- I will not moan or complain to you.
- I will be thankful and grateful for my life.
- My future is better because I say so.
- I am free in my body, mind and spirit.
- I will never be the same again.
- I am **stress free** and made brand new

Your conversation should not be a moaning or complaining session about what has or has been not done. You are simply in a thanking and gratitude mind.

WHAT CAN I THANK HIM FOR?

Dear GOD:

I want to thank you for what you have already done.

I am not going to wait until I see results or receive rewards,

I am thanking you right now.

I am not going to wait until I feel better or things look better,

I am not going to wait until people say they are sorry or until they

stop talking about me, I am thanking you right now.

I am not going to wait until the pain in my body disappears,

I am not going to wait until my financial situation improves,

I am going to thank you right now.

I am not going to wait until the children are asleep and the house is

quiet, I am going to thank you right now.

I am not going to wait until I get promoted at work or until I get the

job, I am going to thank you right now.

I am not going to wait until I understand every experience in my life

that has caused me pain or grief; I am going to thank you right now.

I am not going to wait until the journey gets easier or the challenges are

removed. I am thanking you right now.

I am thanking you because I am alive.

I am thanking you because I made it through the day's difficulties.

I am thanking you because I have walked around the obstacles.

I am thanking you because I have the ability and the opportunity to do

more and to do better.

I'm thanking you because FATHER GOD, you haven't given up on me.

THE POWER OF SEEING

Picture yourself stress free and you will be.

“Formulate and stamp indelibly on your mind a mental picture of yourself succeeding. Hold this picture tenaciously and never permit it to fade. Your mind will seek to develop this.”

Dr. Norman Vincent Peale 1898-1993,
Author of "The Power of Positive Thinking picture!"

How do you see the present stress condition?

It is going or gone?

What do you see in yourself?

What do you see for the future of your family or business?

If you can see anything in your mind's eye, you can make it happen.

“Visualize this thing you want. See it, feel it, believe in it. Make your mental blueprint and begin...”

Robert Collier 1885-1950

Jacob and Laban

There is the story of a man who had been cheated by his father in law. He felt robbed. But his spark of idea that no one ever thought of changed everything for him.

His father in law (Laban by name) had a herd of sheep and cattle; some white, some brown and others speckled. The deal Jacob made with the father in-law was that all the speckled and spotted sheep will belong to Jacob and the brown to Laban. Laban took all the speckled ones away from the herd of flocks leaving Jacob to look after the brown ones only.

Laban more or less stole from Jacob by removing all the spotted ones and Jacob has to come up with a solution to have new spotted and speckled sheep.

Jacob believed in the power of sight and got an inspiration to what he could do and that inspiration came in a dream.

Jacob had a dream of peeling stripes off the bark of a rod or stick to expose the white. He then laid peeled sticks in the water so that when the cattle came to drink and mate as usual they would be looking and seeing the rods and thereby produce speckled offspring.

The trick paid off for him and his flock increased greatly above that of Laban who could not understand how it happened. The moral of the story is that the sheep produced after the order of **what they saw with their eyes.**

Think stress free and you will be.

“You become what you think about.”

Earl Nightingale 1921-1989

American Motivational Speaker and Author

THE EAGLET AND THE CHICKEN



There was the story of the mother eagle that was training eaglets to fly. Training was incomplete and in the early stages when the mother eagle died. The eaglets being half trained tried flying and one soon landed in a chicken pen.

The eaglet was surrounded by chickens that flapped, flapped and flapped as usual all the time. The Eaglet soon started to do the same because that was all it saw around him.

One day the eagle **lifted up his head and saw** an eagle in flight. The sound made above the chicken pen was similar to the sound Mother Eagle used to make.

The feeling was similar too as far as little Eaglet was concerned.

The eaglet decided he was going to do a similar thing and tried flapping his wings but was not able to rise. The following day the eagle was in flight again.

Suddenly the eaglet just lifted its wings and began to soar, not flap, and was able to take off therefore leaving the chickens behind.

The point you've guessed was because **the eaglet saw** the eagle and did as the eagle did. You can rise and soar, to a new height, a new understanding and a new life. Once you realise that you are not a chicken.

WHY SHOULD I BELIEVE YOU?

You really don't have to. But reading the next few pages may convince you that I've applied the principles outlined in this eBook. I'm living that life now and it's living proof that you too can kiss stress goodbye.

Now it's your turn.

The fact that you have read this far in this book is worthy of a great applause and I congratulate you.

WELL DONE!

Now, it's time for my story.

MY FOOTBALL TEAM

I became the manager of one of my son's football teams in 2003. The boys have been together for approximately 3 years. Most of their parents did not volunteer to get involved even though some of them have a better knowledge of the game than me.

Knowledge is one thing; a calm disposition for managing the team is a different thing entirely.

You manage:

- The mentality of the boys(then under 15).
- The parents, contacting them for various things.
- Arranging matches and transportation.
- You also represent the team in league meetings.

Thankfully I had two parents, Brian and Wendy Woods, that showed up and worked tirelessly with me. With our dedication and the boys' hard work the team took off.

These two were awesome. Their contribution was immense. They were a great credit to our team. I would also like to thank, Mal Boyes, a man with an amazing eye for details who was our secretary. What a man.

IN THE FIRST YEAR

We finished in 7th position out of 15. We started the team with some boys who had not even played any football in their life.

That's a nightmare situation in the sense of getting the boys that know it all to bear with those that are new to the game. It's another task entirely getting the 'newbie's' to understand how the 'know it all's' feel. You try and manage that and you have a job on your hands.

You have such a combination to manage. That is a stressful situation in itself. How many managers suffer a heart attack? This sounded alarm bells to many parents warning them not to get involved.

The experience and knowledge of **How To Kiss Stress Goodbye Forever** will need to be in place to handle such situations.

The fact that you are reading this eBook now qualifies you and proves that you can do it.

THE SECOND YEAR

The second year of course began to pay off as we won the Championship for the whole season in our league. We could not manage to get to the final in two cup games but the season was a success.

Presentation night was one to remember. Seeing parents and grandparents who turned out to celebrate the achievements of their boys and the team was uplifting.

Giving out awards like:

- Managers' player of the year award.

- Players 'Best Player as voted for by the boys themselves.
- Best sportsmanship for attitude and responsibility.
- Top goal scorer of the season, which went to my son.
- Best man of the match award, for the player who was selected as best player after each game.

We also won a Cup in a national tournament which had teams from all over the country. The team became like a family. We had great fun and the memories live on.

It soon became almost like a drug to want to be in that atmosphere but the ability to be stress free played a big part in putting everything together.

IN THE THIRD YEAR

- **We won the League cup** and were undefeated throughout the whole season in all games played. None lost. None drawn. Won all. That's an achievement in itself.
- **Finalist in the Super league cup** which was a match between the league champions and the fair play award winner that is the team with the least bookings (fouls, behaviour, etc)
- **Won the Cup final even though we played all the tough teams.**

That is an incredible achievement.

You now have a set of boys who have championship traits in them. They have medals, pictures to show for it to their own kids in the future. The memory will never fade away. They can re-live it moment after moment for the rest of their lives. How do you think I feel? Totally over the moon, obviously, to enjoy so much success.

YOU TOO CAN ACHIEVE ALL THIS!

In raising champions, these boys, or young men as they are, will be able to tap into the contributions made by some adults who chose to get involved with a STRESS FREE ATTITUDE.

This will allow them also to approach life in the same frame of mind. Hopefully they too will be able TO RAISE THE CHAMPIONS OF THE FUTURE!

There were many tough situations along the way. Deciding who to play and who to make as the substitutes in the game.

Pressured situations that could make others abandon everything. But, like me, **YOU too by staying stress free, will make the right decisions and have a successful outcome.**

- It soon became almost like a drug; if there was no game on a weekend people felt down.
- The joy of participation and subsequently winning.
- Being in a positive team.
- Facing various challenges that each game brings.
- The thrill of contributing to others lives.
- All of these soon calmed some other parents and brought about remarkable changes in behaviour, attitude and disposition to everyone.

We decided to step down at the end of the second year but were soon tempted to do just one more year which led to the most successful season of all.

- The greatest joy for me was not winning the trophies but seeing changed lives.
- People's behaviours were drastically altered.
- A new way of doing things was embraced.
- Attitudes adjusted.
- Expectations grew.
- We overcame challenges.
- The desire to contribute increased.

I had to **affirm myself** on and on as each game, each week and each season came.

I **visualised** winning at the end of the season and was able to keep that in view throughout, making the changes where necessary.

Bringing in the right players that were needed and playing them in the right places.

Another joy for me was allowing the boys to simply enjoy themselves while other parents would feel they have to instruct them and coach them all the time. Some parents soon learned that boys of that age tend to switch off and please themselves.

You may think they're listening but they are already determined in their minds what they will do. You just have to allow them to make some mistakes and not impose yourself on them. They will learn and will grow from it rather than adult shouting instructions at them all the time.

That was a hard lesson for some adults to learn.

You need to calm down, switch off sometimes but still watch them and only come in if they are in real danger until then don't jump in all the time making them to do things your way.

They have their own mind. Allow them to use their initiatives. You don't need them to be like you, they should be themselves.

Having learnt these lessons, you will be totally stress free and truly kiss stress goodbye.

ALL AT THE SAME TIME

At the same time of managing the football team- I was running and managing a Kids and Youth Club.

- Tuesdays some other meetings; so that's:
- Wednesday football training.
- Thursday Kids club,
- Friday youth club,
- Saturday football matches and
- Sunday, of course, is my Holy day but not holiday by any means.

The Kids and Youth Club I've done for some 14 years. 14 years of giving to the community. 14 years of sowing- time, energy, finances, talent, and touching young lives.

FINAL THOUGHTS

Let's talk about you a bit more now.
We've covered quite a lot in this eBook.
You've made several notes in the workbook (I hope).

WHAT NEXT?

- You need to go over the eBook and make a note of the areas you need to act on right away.
- List all the areas you need to ACTON.
- Place them in order of:
 - Which to act on within the next 24 hours
 - Which to act on within the next 7 days
 - Which to act on within the next 30 days etc

How will you reward yourself after each action is completed?
Who will you chose to be accountable to?
Someone that will help you to act and achieve your goals?

Knowledge is not power as some people say.
It's APPLIED knowledge that is power.

Turn to the workbook immediately, if you have it, or urgently download a copy from the website at www.kiss-stress-goodbye.com. The workbook will help you greatly to Kiss stress Goodbye Forever. Take ACTION NOW and see changes in your life.

One **ACTION NOW** will change your situation instantly.

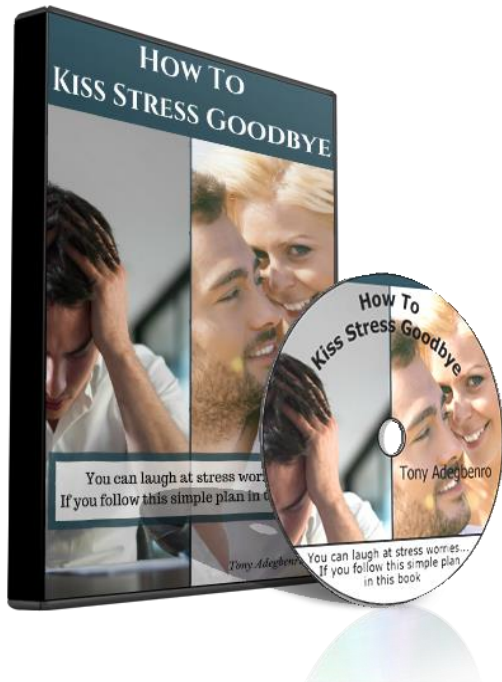
ACTION. ACTION. That's the key thing.

- You now have the tools to Kiss stress goodbye.
- Start building and start living your stress free life.
- Take the first action now.
- Don't delay or postpone.
- Strike now while the iron is hot.
- Now that you are in the mood is the time to get started

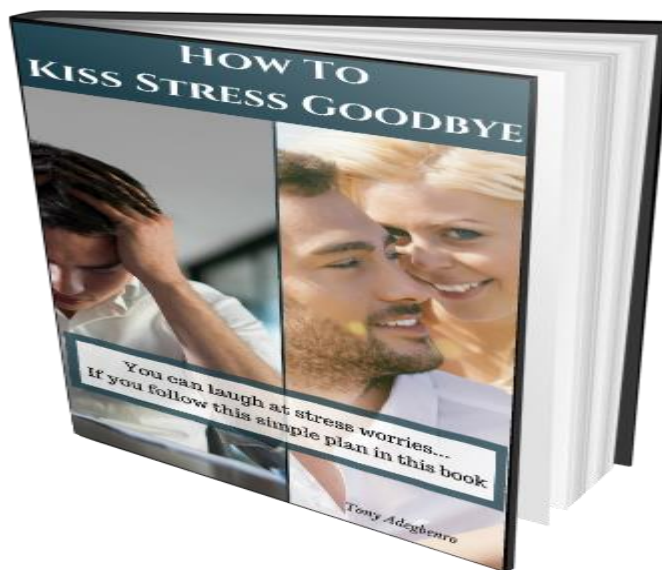
Tony Adegbenro.
Helping **YOU** Create **YOUR** World

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