

Unstressable

A Practical Guide
to Stress-Free Living



Mo Gawdat
and Alice Law



ST. MARTIN'S
ESSENTIALS
NEW YORK

*This book is dedicated to our loved ones lost
to the stresses of the modern world.
It's our mission to help one million people
to become unstressable every year.*

The information in this book is not intended to replace the advice of the reader's own physician or other medical professional. You should consult a medical professional in matters relating to health, especially if you have existing medical conditions, and before starting, stopping, or changing the dose of any medication you are taking. Individual readers are solely responsible for their own health-care decisions. The author and the publisher do not accept responsibility for any adverse effects individuals may claim to experience, whether directly or indirectly, from the information contained in this book.

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Use the gift code IAMUNSTRESSABLE as you register. You can cancel anytime if you so choose, though we would love for you to stay and be part of our family.

Take a minute to do this now before you read further.

MORE CONTENT ON SOCIAL MEDIA

While you're at it, please take a moment to follow us and the official *Unstressable* accounts on social media. Here we will be posting regular tips and advice to keep you on track with your lifestyle change as you become unstressable. Follow Mo @mo_gawdat on Instagram or @MoGawdat on LinkedIn. Follow Alice @alicelaw._ on Instagram or @unstressable_alice on TikTok. Unstressable itself is @unstressable.official on Instagram and www.linkedin.com/company/unstressable/ on LinkedIn. We look forward to seeing you there.

Figure 1

WHAT IS STRESS?

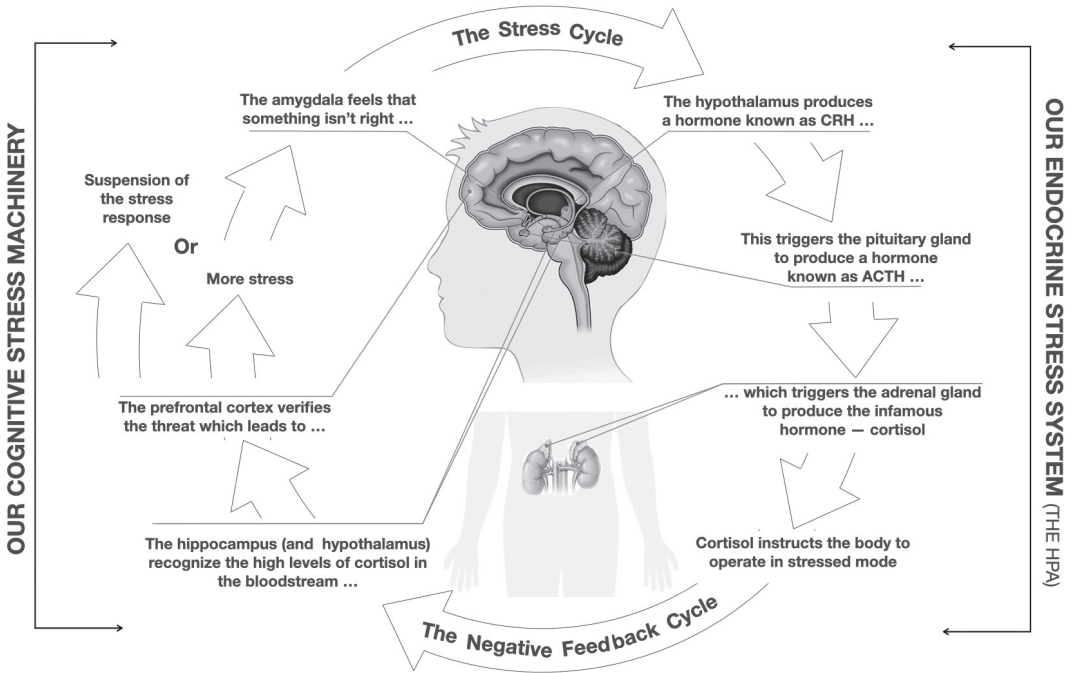


Figure 2

THE SWIRL POOL

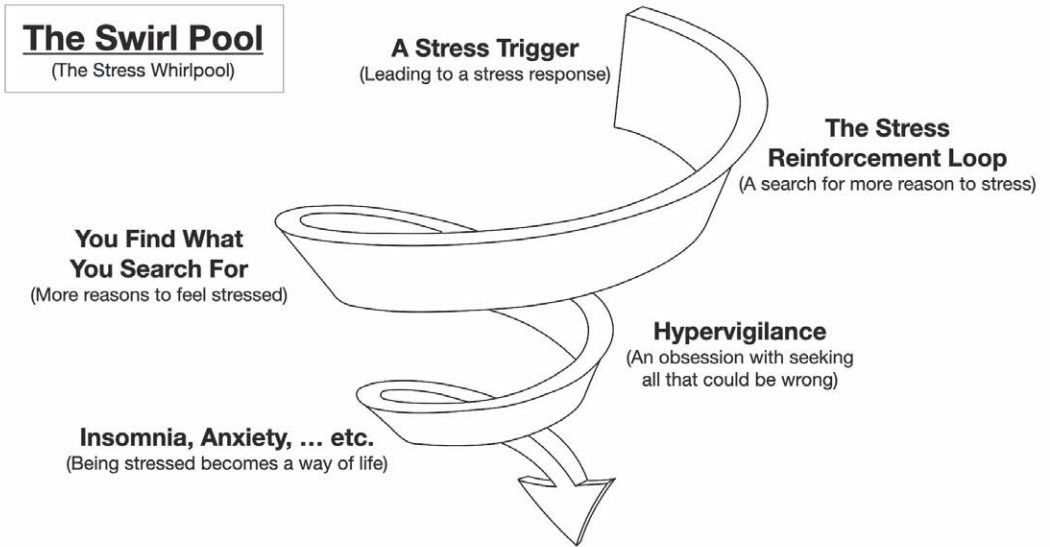


Figure 3

STRESS AN OBJECT

**The more surface area
an object has to carry
a force, the less
stressed
it is.**

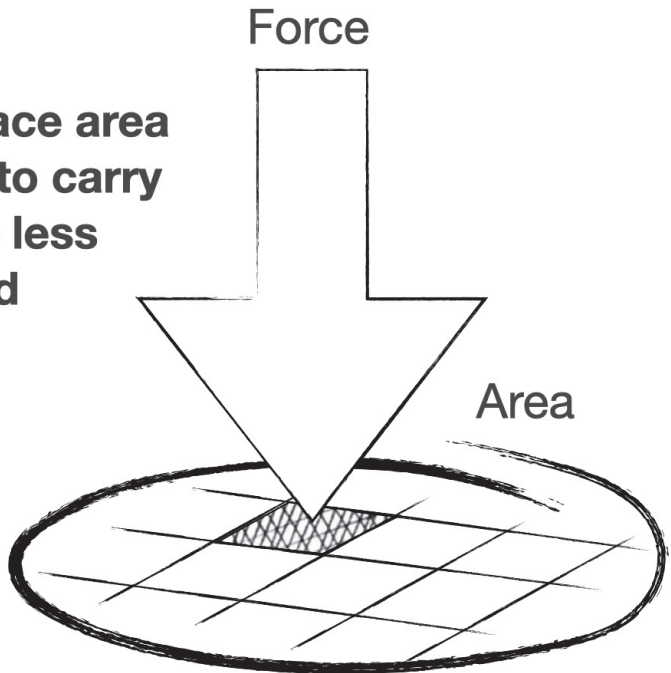


Figure 4

FEAR AND ALL ITS DERIVATIVES

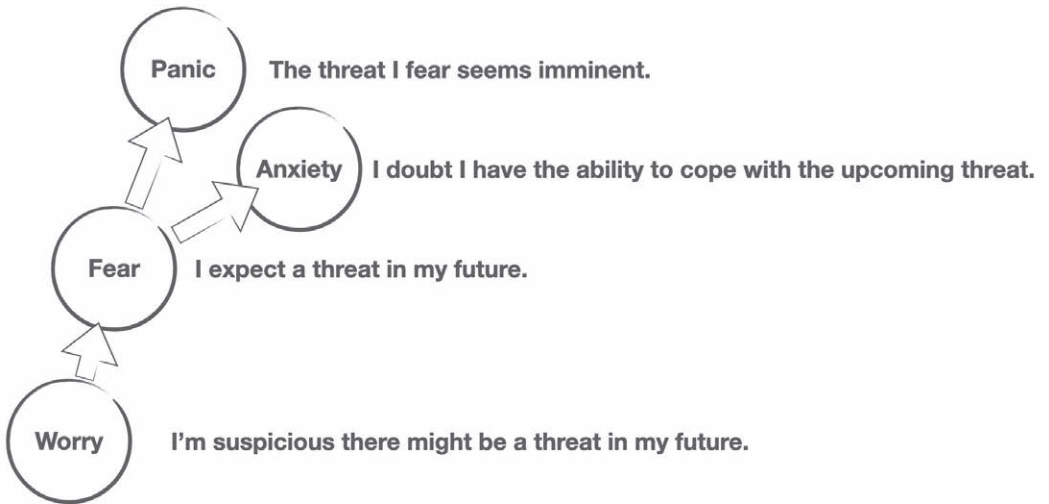


Figure 5

YOUR THREE ACCOUNTABILITIES

Your Three Accountabilities

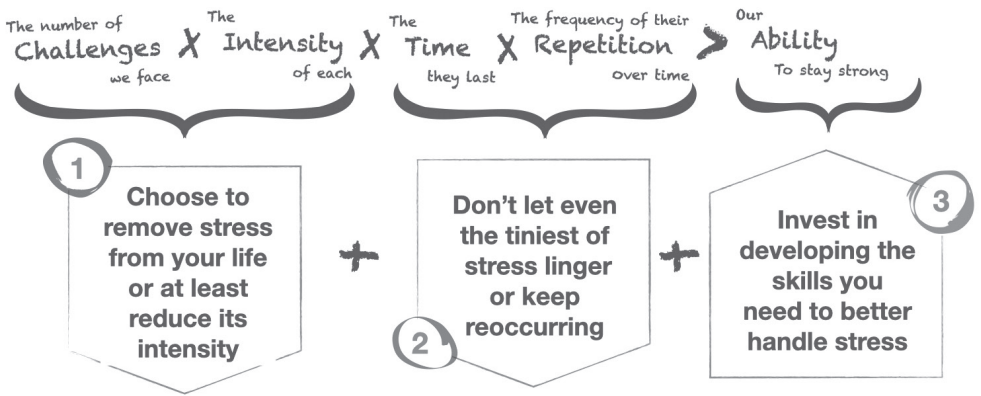


Figure 6

A TONN OF STRESS

The Stress Quadrants Diagram

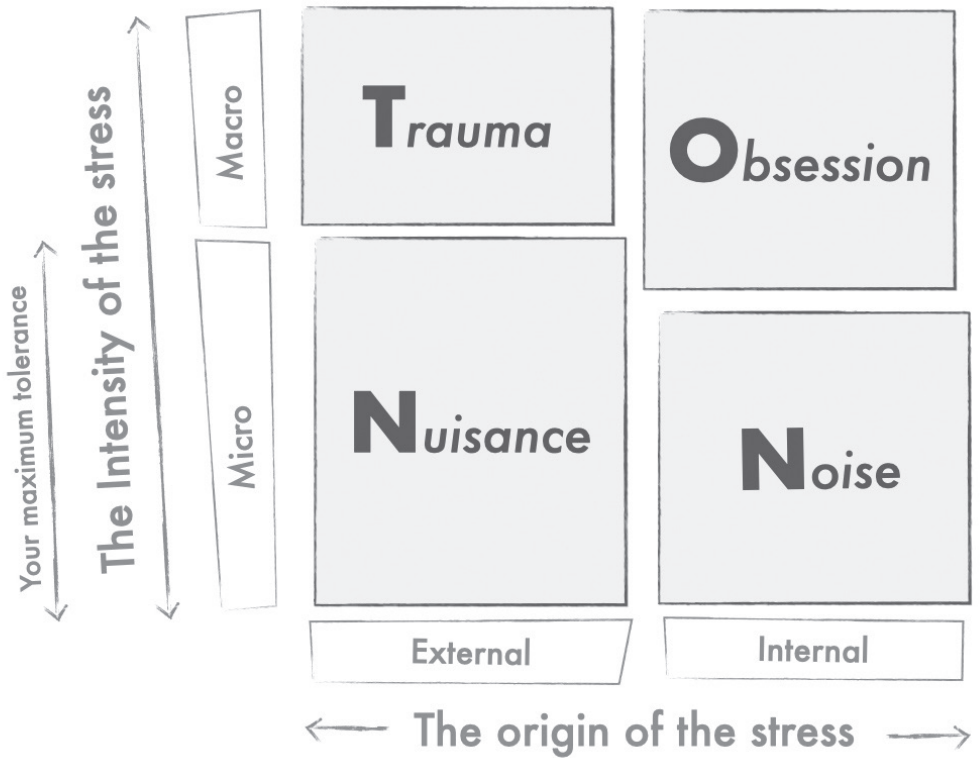
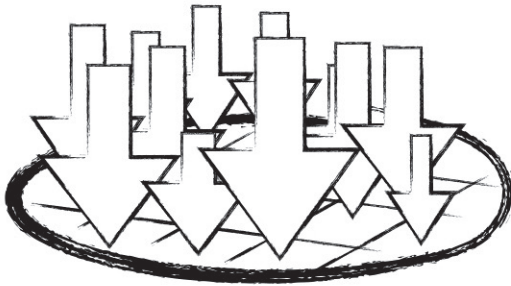


Figure 7

NUISANCES—EXTERNAL MICRO STRESSORS

**Lots of smaller
forces can add up ...**



**... to be bigger than
one large force.**

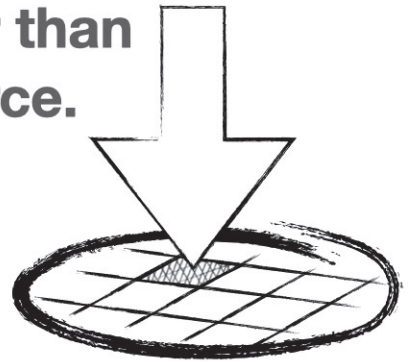


Figure 8

WHERE IT HURTS

Symptoms of the Stress Quadrants

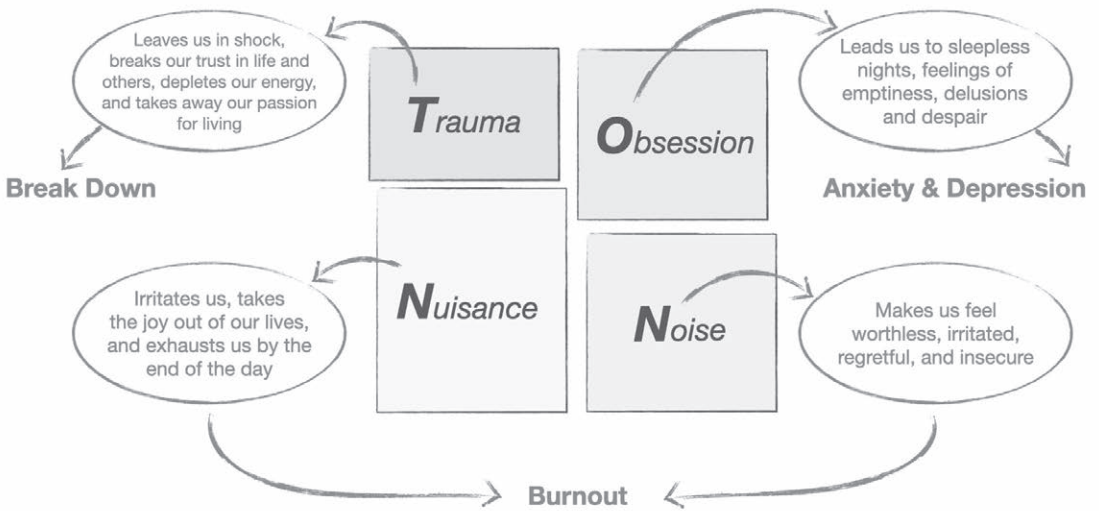


Figure 9

WHEN TRAUMA COMES FULL CIRCLE

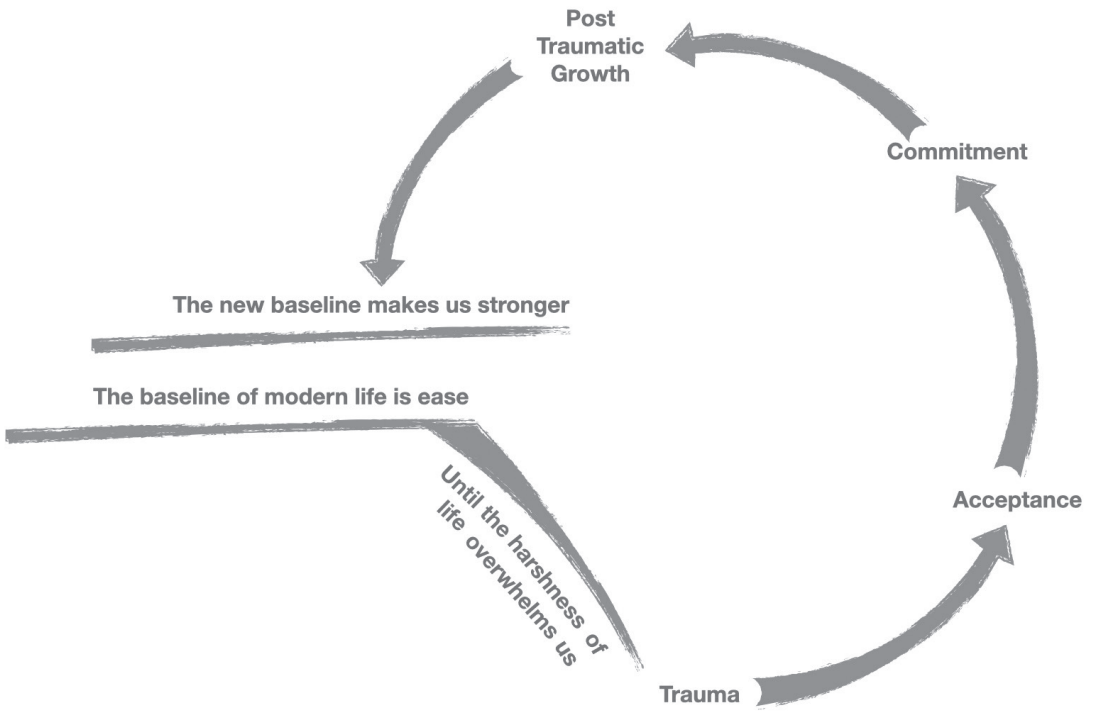


Figure 10

SPEAKING IN TONGUES

The Four Modalities of Stress (MEPS)

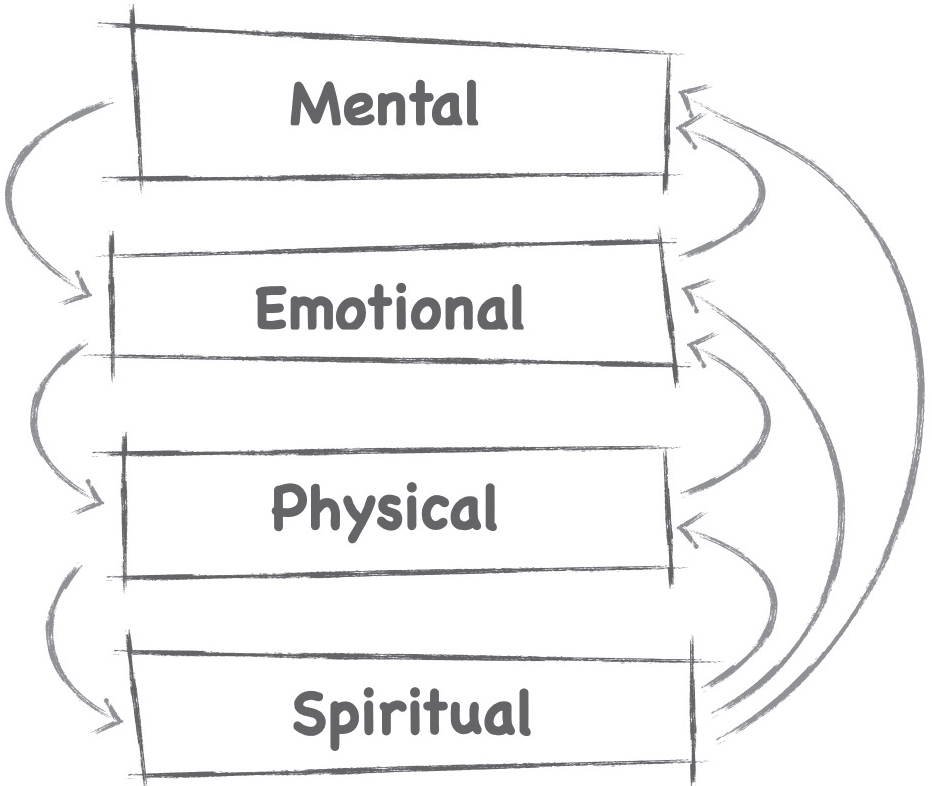


Figure 11

Your Stress Score

Where is most of your stress coming from? Which language should you learn first?

It's only once we are aware of where our stress is coming from that we can then do something about it. Taking this quiz is optional, though highly recommended.

It will help you identify the triggers and the manifestations, as well as the intensity of your stress profile, giving you your current overall stress score, while also showing you in which of the four elements you currently have the highest and lowest stress levels: mental, emotional, physical, or spiritual.

Simply scan the QR code below to find out your score. It only takes a few minutes.



Now that you know your score and in which element you currently hold the most stress, it's time for you to be able to protect yourself against it, to shield yourself from the stress of both the world and the stress you create inside your head.

So let's start there, in the place where it all begins, where both the magic and often the confusion happens: inside your mind.

Figure 12

STRESSFUL THOUGHTS

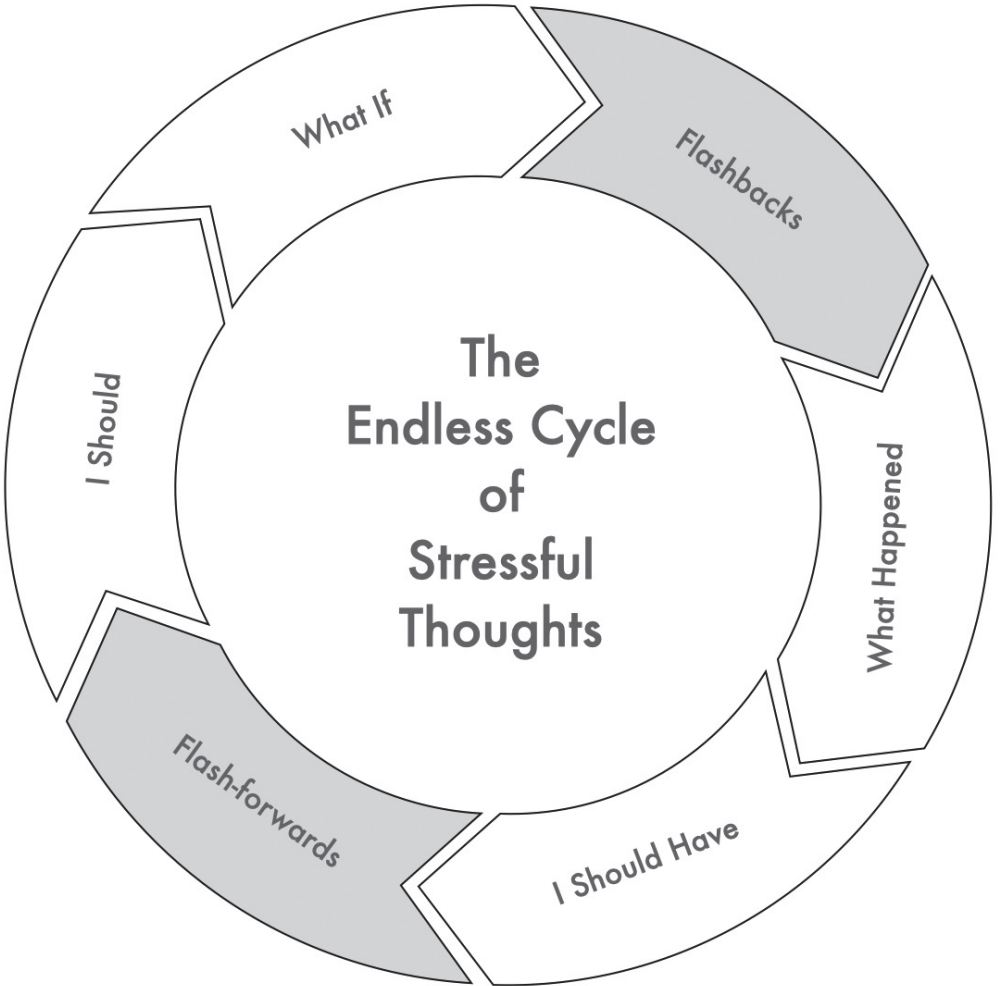
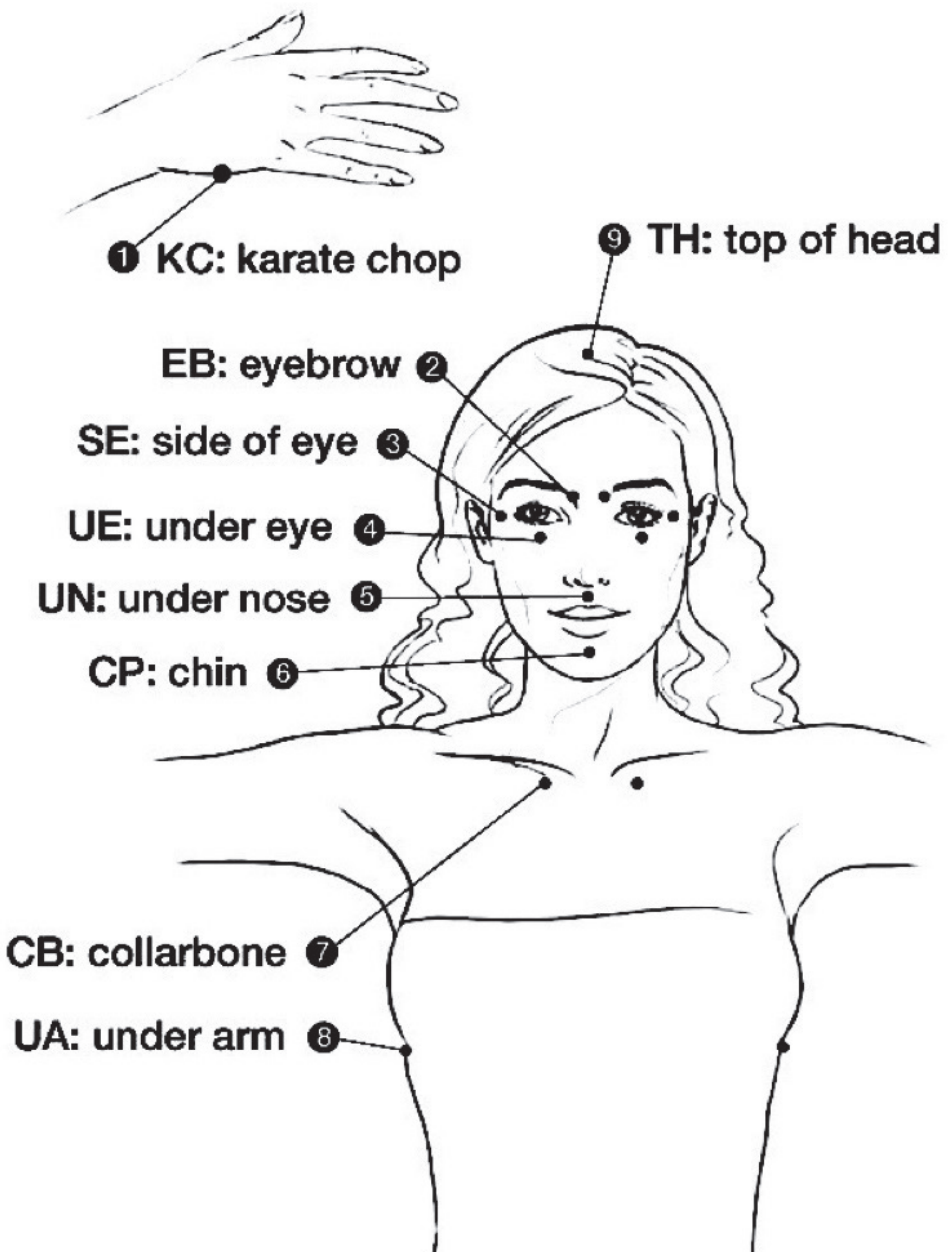


Figure 14

TAP IT



Notes

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