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Less Stress More Success: Simple Ways to Manage Your Stress and Improve Your Life

Omada Idachaba MD

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Here is your guide to help keep your stress low so that you can be the happy, fulfilled, high achiever that you were destined to be. In the capable hands of Dr. Omada Idachaba, an internist, lifestyle instructor and author, you will learn how to overcome natural tendencies to stress out, so you can improve your health and increase your potential to live a more profitable and fulfilling life. This book will help put you back on the road to healthier thinking and healthier living. Dr. Idachaba has been in practice for more than 15 years and has seen the ill effects of stress. An expert in her field, she understands the anxieties and fears that come with trying to live life and make a success of it. After personally going through a very stressful period with its resulting ill effects, her mission has become one of teaching others that you can live a full and active life without the stress we've come to see as the norm. Also, as a physician who has been on both sides of the health fence, she is energized and encouraged to share her story with people who believe in the value of a quality life. Dr. Idachaba has dedicated her professional life to empowering patients in ways to have courageous and engaging conversations when they visit their health care provider. During the years, she has worked to help her patients realize the importance of managing their health—one decision and one day at a time. She believes the proper diet, adequate rest, exercise, fun and laughter all contribute to an enjoyable and successful life. She believe that stress definitely can be stopped so that it does not keep us from reaching our goals and potentials in life.

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