# Reduce Your Stress

This method is SO EASY and QUICK that most of my clients are tempted to dismiss it. The SIMPLICITY and EASINESS of this technique WILL work — *if you do it*. — Bryan D Toder, *The No Fear Guy* 





First, be in a safe and quiet place (do **not** do this while driving). Sit in a comfortable position with your feet on the floor. Close your eyes and begin thinking about the level of your stress right now.

On a ONE to TEN as a scale, being TEN is the strongest, *where is your stress on that scale?* Remember that number. Keep your eyes closed.







# 4 +

STEP 1 INHALE a DEEP breath, slowly, for 4 seconds: One... Two... Three... Four STEP 2 HOLD your breath for 16 seconds slowly: One... Two... Three... Four...

16

All the way in so that your lungs fill *completely*.

In the SAME pace that you counting in Step 1.

# - **8** Step 3

SIEP 3 EXHALE your breath COMPLETELY for 8 slow seconds: One... Two... Three... Four...

Keep the SAME pace.

# 10

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**STEP 4 REPEAT** this for TEN TIMES.

You may get lightheaded while doing this, so do this sitting, not driving or doing any other activities!

After you have completed the **4+16+8x10 Relaxation Method**, keep your eyes closed and think about your level or stress — or relaxation.

On a ONE to TEN as a scale, being TEN is the strongest, where is your stress on that scale NOW?

Is the number LOWER? I'm sure it is!

Repeat this exercise AT LEAST twice a day, one in the morning and the next one at night. (You may



This is one the BEST methods to temporarily reduce your stress in minutes!

# WANT AN EASIER WAY TO DO THIS?

My personal clients have asked for an **easier** way to do the **4+16+8x10** Relaxation Method with a short audio where you can listen to the method, and relax and be stress-free anytime you want!

### Get the 4+16+8x10 Relaxation Method audio here: TheNoFearZone.com/relax

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