



# **Sonny's Stress Management & Fitness eBook**

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## FOREWORD

*I'd like to thank all the people who helped me along the way by teaching me many of the philosophies, ideas and techniques presented in this book. I wouldn't be who I am today without their help nor be able to communicate these very valuable lessons to others. And so I am proud to be part of the legacy of these teachers and the tradition of humans passing information down through the ages from one to the other. Also I'd like to thank all the people who studied with me as I learned much of what I know from the very act of teaching. In the end I guess they should put on my tombstone ....he taught what he learned from what he needed to learn how to do. That said...*

*This eBook has been designed to give you the opportunity to explore a wide range of stress management, relaxation, health & fitness, wellness and sports training procedures. It is comprised of articles I wrote for various publications during the years I was a full time health & fitness teacher; corporate & government stress management consultant; public schools sports & wellness consultant, sports medicine clinician and sports coach at various high schools, universities and at a medical college.*

*There is an art to feeling good, improving health and fitness and living life relatively free of unnecessary tension and stress. However, as with any art or skill, results can only be achieved by regular practice! Feeling good takes work and time, but it is well worth the effort. If you spend just a little time everyday improving fitness, relaxing and reducing tension & stress, you will feel better, have more energy, perform better, be more focused, work faster, you will be more productive and accomplish more in less time; you will be happier and have more time to enjoy yourself, life in general and your loved ones. There is, unfortunately, no magic pill for improving fitness or instant cure for stress and tension. If you practice the procedures outlined in this program, you will get results. It's up to you...*

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