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FOR IMMEDIATE RELEASE

Creating Wellness Ebook Author Shares Tips On How To Manage Stress

January 6, 2016 - VICTORIA, BC. – As Count Tyrone Rugen said in *The Princess Bride*, “Get your rest. If you haven't got your health, you haven't got anything.”

Being healthy means having the freedom to do whatever you want with your life.

“I believe many illnesses are preventable,” said *Creating Wellness* author, Maria Koropecy. “I wrote *Creating Wellness* because I've observed that high levels of stress are lurking behind the scenes of many illnesses and managing stress is a big piece of the healthy lifestyle puzzle.”

Having a chronic disease is not only challenging, but it keeps people from pursuing their dreams and achieving their goals. Poor health is often a huge, all-consuming distraction and results in people spending their time seeking medical attention, standing in line to fill prescriptions, dealing with side effects of medications, worrying about finances and/or the future, and trying to cope with pain, etc., instead of doing their own things that bring them joy.

The good news is, there's still time to make small lifestyle changes NOW — like quitting smoking, exercising more, fueling your body with more nutritious food, getting regular massages, establishing healthy sleep habits, and speaking your truth — that will save you tremendous expense and suffering later.

Maria Koropecy ~ Creating Wellness

Creating Wellness includes practical tips to help people relax and folding them into your life may prevent chronic illnesses from showing up in the first place.

Here is a tip on how to sleep better:

Also, make sure your bedroom is as dark as can be while you're sleeping and you don't have any bluish lights turned on (like the lights from your TV, computer, cell phone and even your alarm clock/radio) in the hours before you hit the pillow.

Blue lights can really interfere with the sleep cycle because historically, blue lights mean daylight in our brain, which means it's time for us to be busy and productive, not resting.

Maria Koropecy ~ Creating Wellness

Creating Wellness is now available on Amazon (Canada) through the following link:
<http://www.amazon.ca/Creating-Wellness-Maria-Koropecy-ebook/dp/B018ITMLCY/>

This short ebook is a quick read, has lots of cheery photos, and contains some practical tips on how to relax and manage stress. If you want to be healthier and are committed to making some lifestyle changes, than reading *Creating Wellness* is a good start.

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To schedule an interview with *Creating Wellness* author, Maria Koropecy, please call 250-812-3487 or email: homespunspa@shaw.ca.