

MENALIVE

Stress Relief Kit For Men and the Women Who Love Them

***A Companion Guide to MenAlive: Stop Killer Stress With Simple Energy
Healing Tools***

By Dr. Jed Diamond

Table of Contents

Welcome Letter from Dr. Jed Diamond – Page 3

The 10 Reasons Men Live Sicker and Die Sooner – Page 6

2 Survival Mechanisms That Can Save Your Life – Page 10

Why the Next Big Frontier in Medicine is Energy Medicine – Page 11

The 4 Energy Healing Tools That Will Change Your Life – Page 12

A Simple and Effective Way to Control Stress in 1 Minute – Page 14

More Health and Wellness Resources Are Here – Page 15

Dear Men's Health Champion,

Congratulations, I'm glad you're here and ready to help yourself and those you love to live well. This stress relief kit is meant to be a companion to my book *MenAlive: Stop Killer Stress With Simple Energy Healing Tools*, [which you can order here](#). But if you haven't yet ordered *MenAlive* and are curious about what I'm all about, I want you to have **The 10 Reasons Why Men Live Sicker and Die Sooner** as the first part of this stress relief kit.

How To Use Your Stress Relief Kit:

- Read *Stress Relief for Men* and the 10 Reasons Why Men Live Sicker and Die Sooner.
- Learn about the 2 Survival Mechanisms That Can Save Your Life
- Find out about gender medicine and the 4 tools of energy healing.

We know that for all 15 leading causes of death, except Alzheimer's, men and boys have higher death rates than women and girls. This remains true in every age group throughout the life span. For instance, for every 100 women who die of cancer, 140 men die. For every 100 women who die from heart disease, 150 men die. And for every 100 women who die from suicide, 400 to 1800 men die (suicide for men increases dramatically as we get older, while the rate for women remains relatively low). Not only that, but men die at a younger age than women (on average 6 years younger) and live sicker. This is truly a heart-breaking tragedy for men, women, and children.

But it doesn't have to be that way.

I've dedicated my life to reversing these trends so that men can live their full life span in good health and women and children don't lose their husbands and fathers before their time. I suspect this is something you are vitally interested in as well. My colleagues at the University of Michigan have studied health and gender throughout the world. Here are their startling findings:

"Over 330,000 lives would be saved in a single year in the U.S. alone if men's risk of dying was as low as women's," says University of Michigan researcher, Daniel J. Kruger, PhD. According to Randolph M. Nesse, M.D., "If you could make male mortality rates the same as female rates, you would do more good than curing cancer."

Whether you're dealing with depression, irritability, and anger; or battling chronic pain or illness; or just trying to keep your head above water; I'm here to help. If you care about the man in your life, but you are confused about what you can do, I'm here to help. I applaud you for your commitment and courage. It's very brave to acknowledge that there is a problem with you or a family member. But acknowledging that something isn't right is the first step towards healing.

The Underlying Cause for 90% of Our Health Problems

The stress response was our secret weapon for success throughout most of human history. It saved our lives, making us run from predators and enabling us to take down prey. Even in today's world, a certain amount of stress is good for us. "Humans tend to do better with acute than with chronic stressors," says Nassim Nicholas Taleb, author of *Antifragile: Things That Gain From Disorder*,

“particularly when the former are followed by ample time for recovery, which allows the stressors to do their jobs as messengers.”

The problem is that we are no longer responding to a wild animal attack that might occur once every six months, but instead we are dealing with hundreds of stressors every day. Human beings are turning on the same life-saving physical reaction to cope with aging parents, unhappy teenagers, costly gasoline, increasing food prices, traffic jams, and job insecurity. As a result, **our stress response never turns off**, and we’re constantly marinated in corrosive hormones that used to prepare us for fight or flight, but now they just make us sick.

As a result, **stress is killing us**. According to the American Institute of Stress, a non-profit organization established in 1978 by the world’s leading stress researcher Hans Selye, stress contributes to the following problems: Heart disease, cancer, gastrointestinal problems, migraines, memory loss, back pain, diabetes, depression, aggression, arthritis, obesity, and much more. So if we can get a handle on stress, we can live healthy and more joyful lives.

We Can Reduce the Stress and Heal Ourselves

Stress expert, Woodson Merrell, M.D. says, “By shifting from being at the mercy of your stress to being in control of your stress you can affect a dramatic increase in energy, and as a result you will be less likely to get sick.” The bad news is that chronic stress is increasing in all our lives and it is impacting men and the women who love them. The good news is that there is increasingly powerful, scientific, evidence that shows we can reduce our stress and heal ourselves.

But we’re not likely to learn about this from our corporate-driven, for profit, medical system. Richard O’Connor, Ph.D., an expert on treating stress, believes that our modern medical approach misses the mark. “Current practice overemphasizes control of symptoms: take an antidepressant; learn self-hypnosis for anxiety; take a pill to overcome your addiction to alcohol; find a doctor to give you drugs to make you feel less pain or discomfort. *By focusing on symptoms like this, we play into the vicious circle of disease.*”

[Lissa Rankin, M.D.](#) is on a mission to revolutionize our healthcare system and change it to one that truly promotes health. In her revolutionary new book, *Mind Over Medicine: Scientific Proof That You Can Heal Yourself*, she says, “After 20 years of medicine, I had become disillusioned with our broken health-care system, which required me to churn through 40 patients a day, often scheduled in hurried seven-and-a-half minute slots, leaving me little time for us to actually talk, much less bond.” After much soul searching Dr. Rankin dropped out of the system and went on a search for the truth.

What she found fits exactly the experiences I’ve had over the years working with men and women. Once you learn these skills they will change your life for the better. “There’s proof that you can radically alter your body’s physiology just by changing your mind,” says Dr. Rankin. “There’s also proof that you can make yourself sick when your mind thinks unhealthy thoughts. And it’s not just mental. It’s physiological.”

I’ve learned the truth about how to reduce stress, stay healthy, and live well doing research and seeing clients for more than 40 years and I want to share what I’ve learned with you. I’m so glad you’re joining me on this journey. There’s nothing more important than controlling stress and developing a

joyful and healthful way of life for ourselves and our families. I look forward to our work together and will enjoy hearing from you.

With belief in you and your journey,

Jed Diamond, Ph.D., LCSW, Author

[*MenAlive: Stop Killer Stress With Simple Energy Healing Tools*](#)

The 10 Reasons Men Live Sicker and Die Sooner

When I was growing up I saw a lot of men, including my father, who were struggling with stress-related illnesses. My father was often angry and depressed. My mother was constantly worried and afraid for him and later for me. As I grew up, went to school, and became a therapist I saw more and more men who were having problems and women who worried, but didn't know how to help. I wondered whether it was just part of being a guy. It was clear that men occupied most of the positions of power in the world--in business, politics, and sports. Like most people I ignored the problems and just concentrated on finding my own place in the power structure.

That changed for me when I read a book by psychologist Herb Goldberg in 1976 called *The Hazards of Being Male: Surviving the Myth of Masculine Privilege*. "The male has paid a heavy price for his masculine 'privilege' and power. He is out of touch with his emotions and his body. He is playing by the rules of the male game plan and with lemming-like purpose he is destroying himself—emotionally, psychologically, and physically."

I've found that many men, including me, don't really pay attention to our health until we have a major crisis. Mine came one day when I was jogging near my home. All of a sudden my heart started pounding much faster than it should have and I felt like my head was going to explode. It literally knocked me off my feet. But by the time I got home I was feeling better and I got busy with work and forgot all about it.

When it happened twice more over the next few days, I knew something was wrong and went to my family doctor. After multiple tests he determined that I had a tumor on my adrenal gland which would need immediate surgery. My wife and I prepared and I was admitted to U.C. San Francisco hospital. I got through it OK and have the scars to prove it. When I asked the doctor why I got the tumor he just told me, "It happens, there's probably no cause. You were born with susceptibility and it finally caught up with you."

That didn't satisfy me so I researched everything I could find and found that stress might be a factor. It made sense to me since it was an adrenal tumor and adrenaline is associated with stress. My wife and I made a major change. We moved to a small town where life was slower and calmer and I began to look more deeply into my lifestyle and how it was impacting my health.

My colleague Will Courtenay was researching a book, *Dying to Be Men*, and shared the things he had learned from his research about why guys die sooner and live sicker. Here are the ones that seemed most important to me:

1. We Have Less Healthy Lifestyles.

Men and boys, in general, have less healthy lifestyles than women and girls, and they engage in far fewer health-promoting behaviors. For example, men are more often overweight than women, and we have less healthy dietary habits. We eat more meat, fat, and salt and less fiber, fruits, and vegetables than women. We have higher cholesterol and blood pressure, and we do less to lower them. We use fewer medications, vitamins, and dietary supplements. We also sleep less, and less well, and we stay in bed to recover from illness for less time than women.

2. We Engage in More Risk-Taking Behavior.

Men and adolescent males engage in more reckless and illegal driving and we drive drunk more frequently than women and adolescent females. We also have more sexual partners than women and engage in significantly more high-risk physical activities—such as dangerous sports and leisure-time activities—and physical fights. We are also more likely than women to carry guns or other weapons, and they engage in more criminal activity.

3. We Often Have Problems with Drugs and Alcohol.

Compared to women, men use more alcohol and other drugs. More men than women use tobacco products, and we have more dangerous patterns of tobacco use. Although not everyone who uses drugs or alcohol becomes addicted, men are more likely to continue using even when we experience negative consequences. As one man told me in counseling, “My drug of choice is more.” For him, like many men who become addicted, “too much is never enough.” I believe addiction is the disease of lost self-hood. Addicts are looking for pleasure and escape from pain in all the wrong places. Like confused homing pigeons, we seek the safety and security of family and friends, but we fly 180 degrees in the wrong direction.

4. We Misperceive Our Susceptibility to Risk.

Men are consistently less likely than women to perceive themselves as being at risk for illness, injury, and a variety of health problems. Despite being at greater risk from drug and alcohol use, for example, males of all ages perceive significantly less risk than females associated with the use of cigarettes, alcohol, and other drugs. With rare exceptions, people who think they are invulnerable take fewer precautions with their health—and thus have greater health risks—than people who recognize their vulnerability.

5. We Are More Likely to Be Victims of Physical Abuse and Violence.

Men and boys are more likely than women and girls to be the victims of physical abuse or violence. For example, nearly half of men nationally have been punched or beaten by a person—in most cases by another man. We often think that sexual abuse happens only to females, but 5 percent of boys (compared to 10 percent of girls) report having been sexually abused. Many believe that male sexual abuse is under-reported. Among adolescent boys nationally, those who have been sexually abused are more likely than those who were not abused to report poor mental health, and they are twice as likely to smoke or drink frequently or to have used drugs.

6. We Are Less Likely to Change Unhealthy Behaviors.

Men believe less strongly than women that we have control over our future health or that personal actions contribute to good health. Further, women are more likely than men to contemplate changing unhealthy habits or to maintain healthy habits. Men, however, are more likely than women not to consider changing unhealthy behaviors and to deny that these behaviors are problematic.

7. We Have Traditional Views of Masculinity that Are Often in Conflict with Health.

There is a high level of agreement among people in the United States regarding typical feminine and masculine characteristics. Men and boys, in particular, experience a great deal of social pressure to conform to these stereotypic characteristics. These dominant norms of masculinity dictate, for example, that men should be self-reliant, strong, robust, and tough; that men should welcome danger; and that men should never reveal vulnerability, back down, or do anything “feminine.” These idealized norms of masculinity create a conflict with actions that we could do to take care of ourselves or to be taken care of by those who love us.

Commenting on the reason so many men become damaged physically and emotionally, psychologist Herb Goldberg says, “They have confused their social masks for their essence, and they are destroying themselves while fulfilling the traditional definitions of masculine-appropriate behavior. They set their life sails by these role definitions. They are the heroes, the studs, the providers, the warriors, the empire builders, and the fearless ones.” We often feel like we are flying high, until suddenly we crash.

8. We Don’t Express Our Emotions or Acknowledge Distress.

In general, women are more emotionally expressive than men—except when it comes to expressing anger. Men also report less fear or emotional distress than women do, and they are less likely than women to cry. Men’s inexpressiveness can have both direct and indirect effects on our health and wellbeing. Self-disclosure, for example, is associated with improvements in immune functioning and physical health. Men are also more likely than women to exhibit emotionally inexpressive Type-A behavior and to experience or express hostility, both of which are strongly linked with increased health risks—particularly for cardiovascular disease. Men are also reluctant to discuss experiences of pain or physical distress.

9. Unemployment Hits Us Harder.

With our economic system going through major transformations, more people are unemployed. Unemployment is consistently linked with a variety of negative health effects, and there is evidence that these negative effects are greater for men than for women. Unemployed men are more likely to commit suicide than unemployed women. One study among youth found that unemployment is also a risk factor for increased alcohol consumption, increased tobacco use, illicit drug use, suicide, and unintentional injuries, particularly for males.

An editorial in the *British Journal of Psychiatry* indicates that depression rates in men are likely to increase due to increasing job loss for men. The study’s lead author, Boadie Dunlop, MD, from Emory University School of Medicine in Atlanta writes, “Compared to women, many men attach a great importance to their roles as providers and protectors of their families. Failure to fulfill the role of breadwinner is associated with greater depression and marital conflict.” Dunlop goes on to say, “The recent recession afflicting Western economies serves as a harbinger of the economic future for men, especially for those with lower levels of education. Dubbed by some the ‘Mancecession,’ the economic downturn has hit men, and their families, particularly hard.”

10. We Have Fewer Social Supports.

Men have much smaller social networks than women do. Men and boys also have fewer, less intimate friendships, and we are less likely to have a close confidant, particularly someone other than a spouse. Men's restricted social networks limit our levels of social support. In times of stress, for example, men mobilize less varied social supports than women. There is consistent evidence that the lack of social support is a risk factor for premature death—especially for men. Men with the lowest levels of social support are two to three times more likely to die than men with the highest levels of social support. Men's social isolation significantly decreases our chance of survival of heart disease, cancer, and stroke.

Each of these ten factors contributes to men's increased risk for premature death or disability. The good news is that all of these factors can be modified once a man becomes aware of their importance. We shouldn't be victims of our old belief systems. We can change them. But to change these old beliefs, we have to recognize the times in our lives when we tend to isolate ourselves. We need to continue to reach out to others. As the *Eagles* song *Desperado* reminds us, "You better let somebody love you, you better let somebody love you, you better let somebody love you...before it's too late."

2 Survival Mechanisms That Can Save Your Life

Understanding and changing behaviors that were getting in the way of my joy and my health weren't easy, but it was worth it. One of the main reasons I wrote [MenAlive](#) was so that I would have a road map I could follow myself. There's so much "information" on the internet and in the world, it's difficult to know what's truly effective. I found the best information available. I use it every day myself and I'm happy to be sharing it with you.

I found a critical piece of the puzzle on how to reduce stress and stay healthy when I met Bruce Lipton and learned about his work. Lipton is a research biologist and author of numerous books, including *The Biology of Belief*. According to Lipton, "Evolution has provided us with a lot of survival mechanisms that can roughly be divided into two functional categories: **growth and protection.**"

The body is built to put energy into one of these two functions at a time. "Humans unavoidably restrict their growth behaviors when they shift into a protective mode," Lipton says. "If you're running from a mountain lion, it's not a good idea to expend energy on growth. In order to survive—that is, escape the lion—you summon all your energy for your fight-or-flight response. Redistributing energy reserves to fuel the protection response inevitably results in a curtailment of growth."

Within each of our cells are incredible energy-producing bodies called mitochondria. Woodson Merrell, MD, says, "Mitochondria are like tiny factories—thousands of them are within each and every cell (with DNA as the plant supervisor)—and they work ceaselessly to transfer the potential energy from food, air, and water into active human energy." But even these hard-working little factories produce a finite amount of energy, and that energy must be used for either protection or growth. The more energy we spend on protection, the less is available for growth.

Alex Loyd, in his book *The Healing Code*, offers a naval analogy to help us understand what's happening on a cellular level. In the navy, when a ship is attacked, all maintenance, repair, and other normal activities cease. Even crew members who are sleeping or eating have to "man the battle stations." When the alarm goes off, our cells cease their normal growth, healing, and maintenance. Why? The alarm is supposed to indicate an immediate but temporary emergency, and all of those activities can wait a few minutes while we run or fight to save our lives.

The cells literally close up, like a ship battening down the hatches in a time of attack. Nothing goes in or out. A tender ship doesn't approach a battleship to give it food or to unload the garbage during a battle. In the same way, our cells don't receive nutrition, oxygen, and minerals, nor do they get rid of waste products and toxins while under stress. Everything stops except what is necessary to survive. This results in an environment inside the cell that is toxic and doesn't allow for growth and repair. This is why stress is the ultimate cause of so much ill health. When we're under perpetual stress, most of our energy is going for protection and there isn't much left to keep us alive and healthy.

Why the Next Big Frontier in Medicine is Energy Medicine

Most of us are too stressed out to take time to reduce stress in our lives. That was true for me. It took getting an adrenal tumor and having an operation before I woke up to the necessity. Even when I knew I had to reduce stress in my life I didn't know where I would find the time to do it. I had a business to run, a family to feed, people to help. Fortunately I found a doctor who set me on the right path.

I had heard about Mehmet Oz, M.D. when I was researching heart disease. He is a well-known heart surgeon. He's certainly not the kind of guy you would think would pay attention to "alternative medicine." But on November 20, 2007, we made an appearance on *The Oprah Show* and shook up the medical establishment.

"We're beginning now to understand things that we know in our hearts were true but could not measure. As we get better at understanding how little we know about the body, we begin to realize that **the next big frontier in medicine is energy medicine**. It's not the mechanistic parts of the joints moving. It's not the chemistry of our bodies. It's understanding, for the first time, how energy influences how we feel."

Mehmet Oz, M.D.

Since Dr. Oz made his announcement the number of "energy medicine" practices, some ancient and some modern, has proliferated. Linnie Thomas compiled a number of them in *The Encyclopedia of Energy Medicine*. When it was published in 2010 he listed 66 and I'm sure more have been added over the last few years. They all purport to be helpful for a range of problems and all suggest they can be used to reduce stress.

Even if you decided to try out "energy medicine," how do you decide which practices to use? That was another reason I wrote [MenAlive](#). I needed to pick a few that I knew worked and make them available to you. Here are the criteria that I used:

- They had to be approaches I had used for some time and had gotten good results with.
- They had to have good scientific evidence for their safety and effectiveness.
- They had to be ones you could learn yourself without spending a lot of money going to a therapist.
- They had to be easily learned. I knew people were busy and didn't want to waste time.
- They had to be ones that men, and the women who love them, would actually use.

The 4 Energy Healing Tools That Will Change Your Life

Let's take a quick look at each of these elements.

Tool #1: Earthing

For millions of years, our ancestors moved across the landscape either barefoot or in moccasins made from the hides of animals. The women walked to gather food. The men walked to find animals for food. We slept connected to the Earth. But in modern times we've begun wearing rubber-soled shoes that keep us insulated from the healing energies of the Earth.

According to cardiologist Stephen Sinatra, MD, coauthor of the book *Earthing: The Most Important Health Discovery Ever?* "Earthing involves coupling your body to the Earth's eternal and gentle surface energies. It means walking barefoot outside and/or sitting, working, or sleeping inside while connected to a conductive device that delivers the natural healing energy of the Earth into your body."

In some ways, all the major problems we face today—from global warming to peak oil, from obesity to depression, from joblessness to the increase of divorce—could be helped if we were able to reestablish our connection to the Earth. Social psychologist Sam Keen put it simply: "The radical vision of the future rests on the belief that the logic that determines either our survival or our destruction is simple:

1. The new human vocation is to heal the Earth.
2. We can only heal what we love.
3. We can only love what we know.
4. We can only know what we touch."

For those who learn to use the Earthing tool, getting in touch with the Earth is more than a metaphor, it is a physiological reality. In Chapter Five of *MenAlive* you'll learn more about how to use this valuable tool and why so many world-class athletes have come to depend upon it.

Tool #2: Heart Coherence

Heart disease is still the major killer of men. According to the National Centers of Disease Control (CDC):

Millions of men are taking medications to treat or prevent heart disease. And once again, there is another choice to consider. According to David Servan-Schreiber, MD, PhD, author of *The Instinct to Heal: Curing Stress, Anxiety, and Depression Without Drugs and Without Talk Therapy*, there is an intimate connection between the heart and the emotion centers in the brain, and by learning methods that produce heart coherence, we can not only protect our hearts but the rest of the human body as well.

The Institute of HeartMath, founded in 1991 by stress researcher Doc Childre, has been doing cutting-edge research on heart coherence under the leadership of research director Rollin McCraty,

PhD. Researchers found that people could maintain extended periods of physiological coherence by actively generating positive emotions. In Chapter Six, I'll share the techniques of heart coherence so you can learn to reduce stress and increase health and wellbeing.

Tool #3: Attachment Love

Attachment love is the energy essence of a successful relationship. Attachment love is based on the latest scientific findings that show we are emotionally attached to and dependent on our partner in much the same way that a child is on a parent for nurturing, soothing, and protection. Most of us understand that children need a secure attachment to their parents in order to grow up be healthy and happy. But many of us believe that we outgrow these dependency needs when we become adults. Men, in particular, are taught that maturity means "standing on our own two feet" and not needing others in order to fulfill our needs.

We know that males are more vulnerable than females at every stage of life, and we become more isolated as we age. Learning how to develop and maintain a deep attachment to a spouse or partner allows us to overcome our isolation, reduce our levels of stress, and keep our love lives growing more fully as we age.

Even practitioners who are familiar with the field of energy healing may be surprised that I view "attachment love" as an essential tool for keeping stress from killing us. But I've found it to be essential. Without love, we are lost, and without being securely attached to our mate, love can easily die. You'll learn more about the importance of "attachment love" in Chapter Seven.

Tool #4: Emotional Freedom Techniques (EFT)

EFT is a powerful new discovery that combines two well-established sciences so you can benefit from both at the same time:

1. Mind/body medicine
2. Acupuncture (without needles)

I learned about emotional freedom techniques (EFT) when an acupuncturist I had gone to for shoulder pain told me about EFT. I wanted help in the worst way, but I couldn't tolerate the needles. She assured me they wouldn't hurt (and in fact, they didn't hurt), but I still got light-headed and nearly passed out. I faint at the sight of blood and needles. You can fully understand why I dropped out of medical school.

I was immediately drawn to EFT because the founder, Gary Craig, was a hands-on kind of guy. He says, "I am neither a psychologist nor a licensed therapist. Rather, I am a Stanford engineering graduate." You'll learn more about EFT and how to use it in Chapter Eight.

A Simple and Effective Way to Control Stress in 1 Minute

This quick technique, developed by the Institute of Heart Math, helps create a coherent state, offering access to your heart's intelligence. It uses the power of your heart to balance thoughts and emotions, helping you achieve a neutral, poised state for clear thinking. It is a powerful technique that connects you with your energetic heart zone to help you release stress, balance your emotions, and feel better fast. I've found that the Quick Coherence Technique is easy to learn, has solid science to back up its value, and is a very effective tool for reducing stress in your life. There are three steps:

Step 1: Heart Focus. Focus your attention on the area around your heart, in the center of your chest. The first couple of times you try it, place your hand over the center of your chest to help keep your attention in the heart area.

Step 2: Heart Breathing. Breathe deeply but normally, and feel as if your breath is coming in and going out through your heart area. As you inhale, feel as if your breath is flowing in through your heart, and as you exhale, feel it leaving through this area. Breathe slowly and casually, a little deeper than normal. Continue breathing with ease until you find a natural inner rhythm that feels good to you.

Step 3: Heart Feeling. As you maintain your heart focus and heart breathing, activate a positive feeling. Recall a positive feeling, a time when you felt good inside, and try to re-experience the feeling. It may be a memory of your family or your children when they were young. One of the easiest ways to generate a positive, heart-based feeling is to remember a special place you've been or the love you feel for a close friend or family member or treasured pet. This is the most important step.

Quick Coherence® is especially useful when you start to feel a draining emotion such as frustration, irritation, anxiety, or stress. Using Quick Coherence at the onset of less intense negative emotions can keep them from escalating into something worse. It also works after you've had an emotional blow-up to bring yourself back into balance quickly.

You can do the Quick Coherence® Technique anytime, anywhere, and no one will know you're doing it. In less than a minute, it creates positive changes in your heart rhythms, sending powerful signals to the brain that can improve how you're feeling. Apply this one-minute technique first thing in the morning, before or during phone calls or meetings, in the middle of a difficult conversation, when you feel overwhelmed or pressed for time, or anytime you simply want to increase your coherence. You can also use Quick Coherence whenever you need more coordination, speed, and fluidity in your reactions.

I've found this is a deceptively simple technique. Like many of you will learn, it seems so easy that even a child could do it. It is very effective for children as well as adults. But don't be fooled by its simplicity. It produces amazing results. Try it on for size and see how it fits you.

More Health and Wellness Resources Are Here

The 10 Reasons Men Live Sicker and Die Sooner, The 2 Survival Mechanisms That Can Save Your Life, and the 4 Energy Healing Tools are just the chips and salsa. I get into the whole enchilada in my book [MenAlive: Stop Killer Stress With Simple Energy Healing Tools](#)

And there's more. As new data comes in, I'm blogging about the science of self-healing, energy medicine, how healing men can help women heal as well. Come visit me at www.MenAlive.com. (You'll get my blog posts in your inbox as a result of downloading this stress relief kit.)

We're also developing many other live and online resources intended to support both empowered clients and conscious health care providers. So stay tuned!

Spread The Love

If this Stress-Relief Kit was helpful to you and you think it might help someone else, please encourage your friends, family, and colleagues. You can also: [Tweet it on Twitter](#)

Post this on Facebook. (Feel free to cut and paste this:) I just downloaded Jed Diamond's Stress Relief Kit and loved it. Get yours here: www.MenAlive.com

I'm passionate about healing men and the women who love them, and raising consciousness is the first step to shifting how we treat ourselves and the men in our lives.

I Have A Dream

I often wake up early and realize I've been dreaming about a world where men and women were equal partners in health. Our mothers, sisters, daughters, nieces, granddaughters, colleagues, friends, and neighbors lived long and healthy lives. Our fathers, brothers, sons, nephews, grandsons, colleagues, friends, and neighbors lived just as long and just as well. We all lived in balance with nature and with each other, peacefully and joyfully.

If you share my dream we must rise up, end the battle of the sexes, and the other battles in our world and practice love. For love is who we are.

Love and blessings to you and your family,

Jed Diamond, Ph.D., LCSW

