

Love For All Eternity : Women's Edition - K Relan, R

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Stressed out? Maybe love is all you need Most people would agree that we as a society are over-stressed now more than ever before. With the advent of technology came the increase of stress. We spend all day at work followed by sitting in traffic, contend to ringing phones, loud televisions, and crying babies on top of it all. News sources frequently report on the health problems that are related to stress. There are many suggestions for ways to beat stress. All one needs to do to see the vast variety of suggestions is to stroll through the bookstore or do a search online. The information is overwhelming. Now there's an idea with a new perspective on releasing stress and really relaxing. One of the latest suggestions on how to truly relax and leave the stress behind may leave some begging for more. The answer may lie in love therapy. "There is really only one way to handle the stress that we feel in our lives," suggests R. K. Relan, author of "Love for All Eternity: Women's Edition" (RKR Publishing, 2006). "That one way is to have eight hours of love therapy every night. My book is based upon medical facts that suggest eight hours of true love therapy every night is the best cure for most ailments suffered by the body." Relan's book is part of what will become a four-book series. He is in the process of writing similar editions for men, female teens and male teens. The significance behind love being a way to reduce stress and create a sense of well being is because of what the feelings do for your brain. "This approach not only strengthens your immune system but it also releases natural opiates from your mind," says Relan. "This eradicates all the stress from your life for the remaining sixteen hours of your day." One of the most important parts to this type of therapy is making sure you have the right person to spend all this time with. One of the chapters in Relan's book focuses on this issue. He offers women a 96-question test to help them determine if they are with the right man. His test is designed to provide a foundation for making sure that women see the truth about men and make good choices. "The main reason for this book," explains Relan, "is to show people that there is a wonderful way to relax and relieve stress through the use of love therapy. There is no better way to unwind and keep your body healthy." LoveForAllEternity.com

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