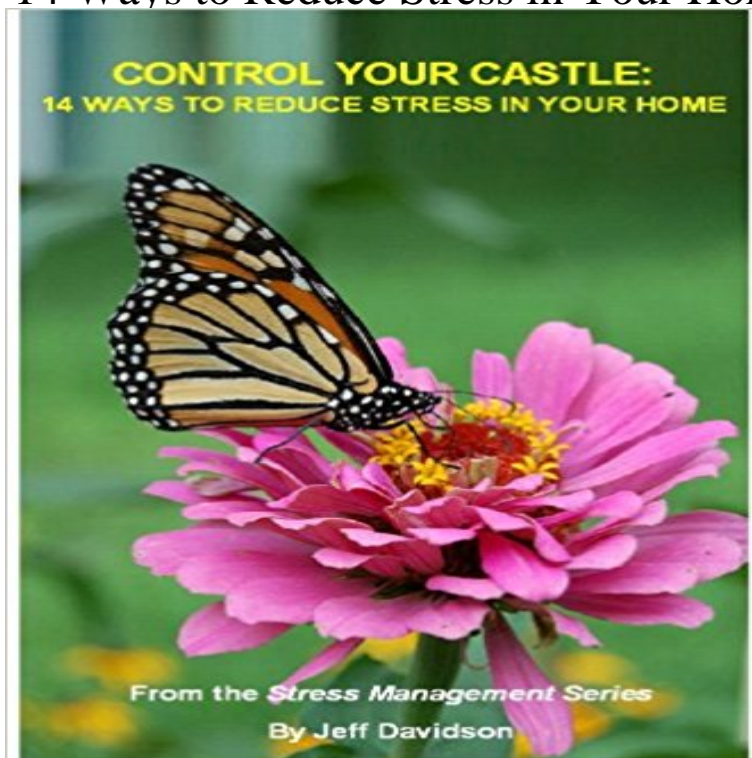


## 14 Ways to Reduce Stress in Your Home (Stress Management)



As time passes, its getting increasingly hard to defend your turf from outside noise, information, interruptions, distractions, solicitors, and other untimely disturbances. It was written somewhere that your home is suppose to be your castle (unless you fall into the moat or eaten by crocodiles). To ensure that your home and other personal spaces are pleasant places calls for some specific measures. I am happy to report that none are arduous.If youve ever traveled the intercoastal highway in Florida and seen the hundreds upon hundreds of luxury condominiums that line the sides of the roads, what I am about to describe will be familiar. Virtually every one of these communities is sealed off from the main street. There is a fence or gate surrounding the entire property and a guard house with at least one guard on duty, and often two.While it may seem that such communities have taken the notion of privacy to obsession, consider that usually, they are comprised of elderly people, who want privacy, fear crime, and are more than willing to pay for the protection. Im not advocating that this is the type of environment in which you want to live.Increasingly, however, people are taking it upon themselves to secure privacy or are moving to places that enable them to keep others from invading their space.

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