

## 7 Pressure Points

Hold each of these pressure points for 1 minute for best results.



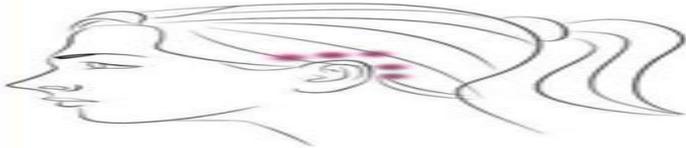
### THE THIRD EYE

The third eye point is found where the bridge of the nose meets the forehead, between the eyebrows. This pressure point provides relief from headaches, eye strains, ulcer pains, and can improve concentration.



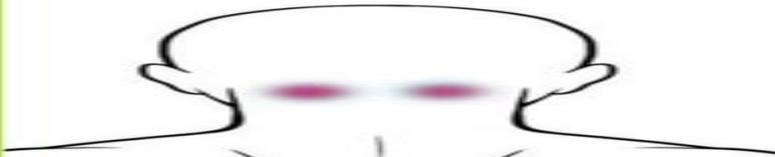
### BRIGHT LIGHT OR INNER BROW

The bright light point is just below the eyebrows by the inner corners of the eyes. Bright Light can help relieve migraines, headaches, eye strains, allergic symptoms, hay fever, sinus problems and fatigue.



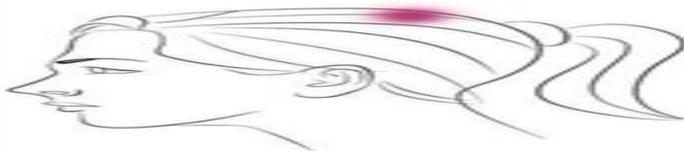
### TEMPLE REGION

There are 5 pressure points that curl around the ear, about a finger width away. All 5 points need to be worked at the same time for best results. Start at the tip of the ear and follow the curve around. These pressure points can help relieve headaches and migraines.



### HEAVEN'S PILLAR

Heaven's Pillar is found 2 finger widths below the base of the skull on the rope like muscles on either side of the spine. Pressure on Heaven's Pillar can help relieve aches at the back of the head, neck, pain and stiffness, eyestrain, stress, insomnia, and even help relieve coughing.



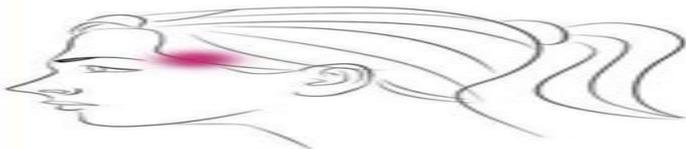
### MEETING POINT OR CROWN POINT

Found in a slight hollow on the crown of the head between the cranial bones, follow a line from the back of your ears to the top of your head. Pressure to the meeting point can help relieve headaches, and improve memory and concentration.



### UPPER LIP

Located 2/3 of the way to the nose from the upper lip. Holding pressure for an extended period of time helps relieve dizziness, cramps, fainting episodes, and can help improve memory and concentration.



### SUN POINT

Found a half inch back of the eyebrows at the depression of the temples. Applying pressure to the Sun Point helps improve memory, concentration and mental state. It also helps relieve dizziness and headaches.

# Pressure Points How To Deal With Stress

**Patrick Vollmar**



## **Pressure Points How To Deal With Stress:**

The Top Books of the Year Pressure Points How To Deal With Stress The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Pressure Points How To Deal With Stress : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Pressure Points How To Deal With Stress : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Pape, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is an exceptional and gripping novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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