

Introduction

My body experiences extreme reactions to stress because of the effects of Multiple Sclerosis. I have to keep the stress out of my life in order to go on living. Even though my life is virtually without stress there are those stressful things that come up from time to time that have to be dealt with on the spot. The MS stays in remission and appears to be gone from my body until stress causes it to flare up.

In this article I will tell you about a fairly stressful vacation experience and point out the strategy that was or should have been used to reduce or avoid it. Then I will tell you about a new kind of vacation experience that I hope you will want to try. It is a virtually stress-free experience, and very satisfying and fulfilling to the physical, spiritual, emotional, intellectual, and social aspects of a human being.

I spent one week on the stressful vacation, then took three more weeks on my new vacation experience and relaxed all the stress away. While most people can't afford to take that much time on any vacation, my new vacation experience will cost so little that maybe more time can be taken off the job.

I tell you about these things for the benefit you might receive from them. You may not like some of the things I do. That's okay. Modifications can be made to suit your needs. Take what you like and leave the rest. I usually plant humor into everything to make it a pleasurable reading experience. You will enjoy the story, and I hope you benefit greatly.

If you would like to learn a few new strategies that will help you to overcome the everyday stresses of life, I have written another article called "[Desserts is stressed turned around](#)." I have also published it as an e-Book. You can find it on my site: <http://www.InternationalEbookLibrary.com>.

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