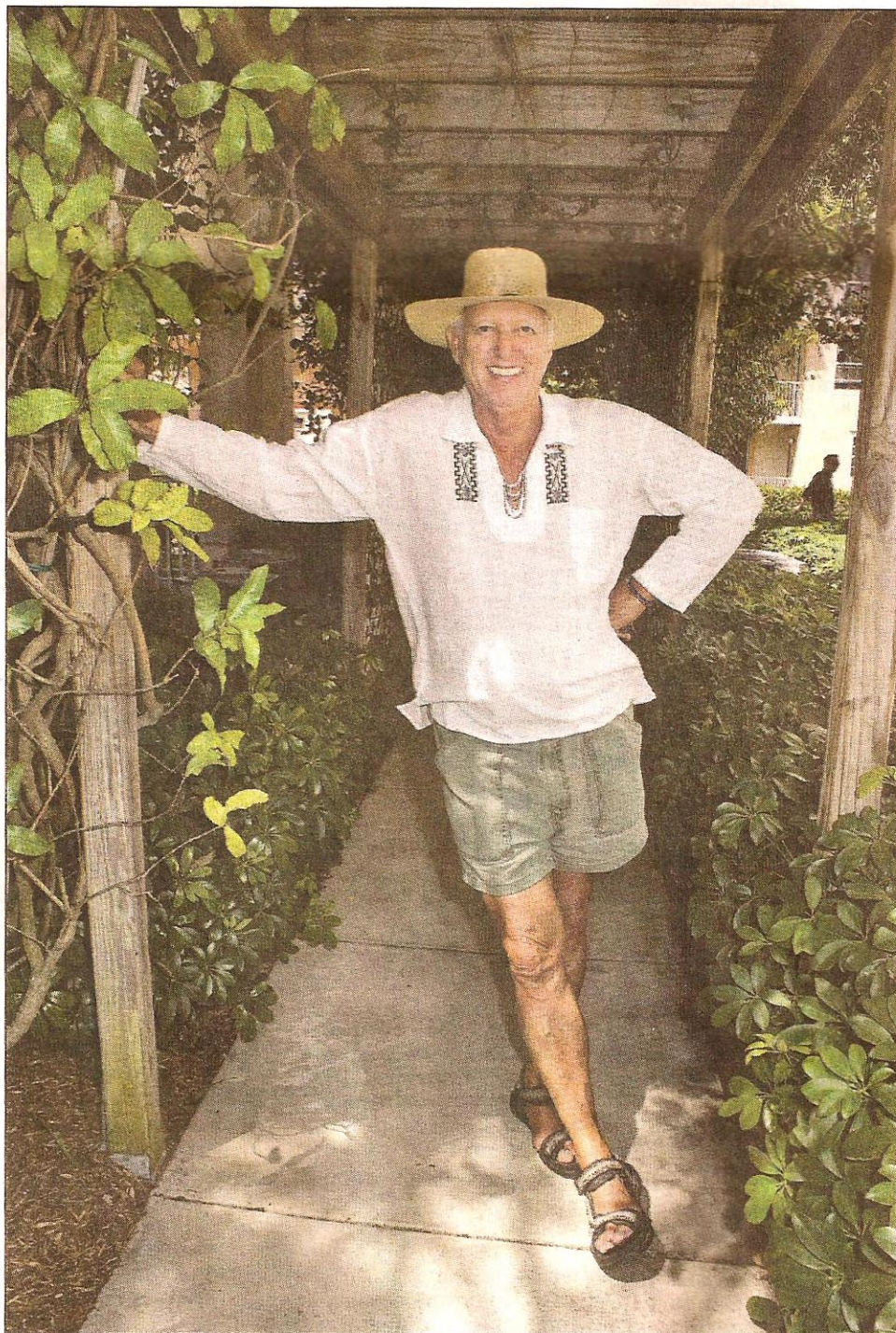


LIFE

FEATURES EDITOR SUZY FLEMING LEONARD, sleonard@floridatoday.com or 242-3614



Keeping his cool. Edwin Riley, a former FLORIDA TODAY reporter, is the author of "Stress Rx: 103 Prescriptions for Overcoming Stress and Achieving Lifelong Happiness."

Photo courtesy of Lynn Mozena, PBG Lifestyle Magazine

Rx for stress

Author offers simple prescriptions for eliminating modern-day anxieties

BY AUTUMN SHRUM
FLORIDA TODAY

Edwin Riley left a career in journalism decades ago to pursue higher education.

The self-proclaimed lifelong student covered the Apollo project during the early 1970s as a reporter for FLORIDA TODAY, when it was still called TODAY newspaper. Now he has a doctorate in mind/body medicine and integrative health care.

His specialty? Stress reduction.

Living in Juno Beach, Riley runs a private practice helping clients cope with stress. He also is the author of his self-published book, "Stress Rx: A Step-By-Step Guide To A Stress Free Life," which offers anecdotes, exercises, statistics and "103 Prescriptions for Overcoming Stress and Achieving Lifelong Happiness."

Much of what Riley knows about treating stress — and much of the content in his book — centers on his experience 11 years ago running the South Florida Stress Reduction Clinic, a now-closed facility in West Palm Beach. In his book, he shares stories of real-life problems and resolutions of patients at the clinic.

There's no way to eliminate stress completely, but we don't have to let it overwhelm our lives, Riley says. He recently chatted with FLORIDA TODAY about:

The top cause of stress these days:

"One of the biggest things is that people are living in the past or they're projected into the future."

They're not living in the moment."

The first step to reducing stress in your life:

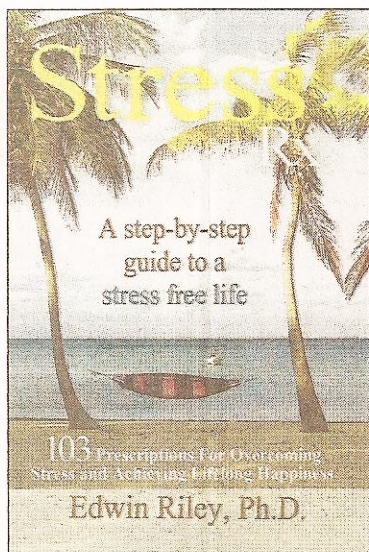
"You can do something just as simple as stop the dialogue and internal chatter in your mind. Bring yourself to a place that's quiet and calm, and just take a couple of deep breaths. I have an exercise called the two-minute breath. And what I ask the individual to do is quit thinking about anything other than the breath. . . . You can do it anywhere, on the airplane, on the bus, and what it does is it resets the biological field and re-establishes a new clarity."

Dealing with anxiety about the past and future:

"This is getting back to living in the present moment and keeping and maintaining your power, and not letting a situation that has not even occurred rob you of your own personal power and your peace. This is where it comes in so important to take personal responsibility. . . . What we have to do is say, 'OK, that's what it was. I have no control over it, there's nothing I can do about it. And what I have to do is move forward with my life.' So, you take the initiative and take the next step forward. . . . Truly try to let go of trying to cling to what was and move into what is."

Looking at the big picture:

"My big advice, when you get down to the bottom line, is don't take yourself so seriously. There are a lot of people out there on this planet, and there's a tendency for us to isolate ourselves, so we become very egocentric and think



On the shelf

"Stress Rx: 103 Prescriptions for Overcoming Stress and Achieving Lifelong Happiness"

By Edwin Riley
CreateSpace, paperback,
246 pages, \$19.95

More online

Want to know more about Edwin Riley? Call him at 561-628-8007, e-mail riley@stressreduction.com or visit stressreduction.com.

that the whole world revolves around us. So to lighten up, to live life to its fullest, to laugh, to dance, to make love, to drink pure water, to pay attention, to be aware, to tell the truth, don't become attached to the outcome." ■

Contact Shrum at 242-3612 or ashrum@floridatoday.com.

Mad style

advertise '60s flair in sleek fashions

GANNETT

The Emmy award-winning drama "Mad Men" has hired designers to take their look at the early '60s, when stilettos were in, waists were trim and hair was slick. Here's how to emulate the look. ■

Buckle up. Merona T-strap platform pumps, \$32.99 at Target



Tie one on. Zegna jacquard tie, \$98 at yoox.com

Lucky stripes. Suit jacket, \$275; suit pants, \$125; dress shirt, \$42; paisley tie, \$36; American Living at JCPenney

In a cinch. Elayne sunglasses, \$98; scarf, \$49.50; belt, \$49.50; clutch, \$79.50; sheath dress, \$140; pumps, \$98; all at Banana Republic