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Texas Author Says Stress Can Be Good for You

ROBINSON, Texas, October 1, 2017 — Stress can kill you or you can put it to work to help you achieve your highest life goals. Stress can make you sick and ineffective or sharpen you to be your very best self and do your very best work. Dr. J. Michael Godfrey's new book, *Put Stress to Work*, reveals how stress can work, exposes the damage chronic stress can cause, and explores how people can use stress to their advantage.

"As we approach one of the most stressful times of the year, the holiday season and the new year, you can stop creating stress for yourself and make the stress that comes work for you," says Godfrey. Godfrey's research and coaching with highly successful professionals, clergy, business owners, and leaders led to his discovery of stress as an asset and identification of key tools to eliminate it.

Put Stress to Work, published by Thomas Noble Books, offers readers the opportunity to change the course of their lives by understanding how stress really works and engaging a strategy for employing and managing it to avoid the headaches it can often bring. "Stress can become a valued asset if you know how to put it to work as an information source, motivation, inspiration, and a learning partner," says Godfrey.

Godfrey is the creator of an award-winning mentoring program and founder of True Course, a corporation that provides coaching, training and consulting to businesses and churches. He holds two doctorates, one in Ministry and another in Educational Psychology. Godfrey is a Professional Certified Coach, a Master Certified Birkman Consultant, and has more than 42 years of experience in Christian ministry.

Here's what others are saying about *Put Stress to Work*:

As an Emergency Medicine Physician in the US Army with multiple deployments, I've dealt with both the acute and chronic effects of stress. "Put Stress to Work" helped me to utilize my stress to improve (instead of destroy) my skills, relationships, and life. I'm not only a better doctor when lives are at stake but also a better manager, friend and family member. ~ Dr. Jason Smith (Major, USAR), Medical Director

In my work as a therapist, many of my clients come for counseling because they feel overwhelmed and under-equipped to handle the stressors they face in life. What I find useful about Dr. Godfrey's book, "Put Stress to Work," is that it addresses stress from a physiological, brain-based approach and focuses on teaching ways to manage these stressors rather than eliminating them. And the topic of learning to manage stress is quite relevant for everyone I know, myself included. ~ Tracy Miller, MS, LPC

Stress is a useful servant but a distressing master. Dr. Godfrey's new book, "Put Stress to Work," provides a unique perspective on managing stress and will be a useful resource for all of us; one that will help us engage stress without becoming distressed. ~ Richard E. Watts, Ph.D., LPC-S, Distinguished Professor of Counseling, Texas State University System, Regents' Professor Department of Counselor Education, Sam Houston State University

About *Put Stress to Work*

Put Stress to Work: Turning Headaches into Advantages ISBN: 9781945586057 published by Thomas Noble Books, 277 pages. Available on Amazon.com and from other fine book retailers.

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