



**Governing
Business & Relationships**

A. Parthasarathy

APPLIED PHILOSOPHY PROFESSIONAL DEVELOPMENT

Thu. 2nd Aug | 7:30-8:30am

Principles of Stress Management (Ch.7)

The cause of stress is not external. It arises from an uncontrolled mind.

Stress is a warning signal of a wrong relationship with the world.

Discover the internal causes of stress, and how they can be managed.



Glen Callahan is co-founder of *[Vedanta Institute Los Angeles](#)*. He completed the three-year Diploma in Vedanta Philosophy course at the *[Vedanta Academy](#)*, India, and continued to study and practice there for a total of eight years.

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