



# The 4-Pronged Approach to Addressing Your Stress



## [The 4-Pronged Approach to Addressing Your Stress](#)

[Entrepreneur](#) • September 4, 2019, 12:45 pm

To address your stress, you need to identify your internal stressors, identify your external stressors, acknowledge your fears and talk about your stress.



### [How to Find Your Passion \(If Your Passion Isn't Your Product!\)](#)

[Entrepreneur](#) • September 4, 2019, 1:30 pm

Jonathan Barnett launched Oxi Fresh Carpet Cleaning as a way to support his true passions in life. But he found that supporting his employees is his greatest achievement.



[Trading faces with Leo DiCaprio in the hot deepfake social app Zao comes with major privacy concerns](#)



[Fast Company](#) • September 3, 2019, 3:45 pm

It became China's top free iOS app in less than 48 hours. Then came the privacy backlash.

What if with just one picture, your face could be swapped with Leonardo DiCaprio's into clips of some of the...

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