



Springboard

Transform Stress to Work for You

by Rebecca Heiss



Non-Fiction - Motivational

164 Pages

Reviewed on 05/10/2026

Book Review

Reviewed by Romuald Dzemo for Readers' Favorite

Rebecca Heiss's *Springboard: Transform Stress to Work for You* challenges the ordinary, conventional wisdom that presents stress as a toxic enemy to be eliminated. This book proposes something new and argues that stress is an essential energy for a purposeful, meaningful life. The author uses lessons from her personal experiences, like quitting her job, divorcing after a sister-in-law's terminal diagnosis, and selling her house, to develop the FEAR[less] Stress Formula. This is a formula backed by research that discusses the three-stage process required to convert stress and anxiety into action. This book shows readers how the wellness industry has failed to deliver on its stress-free living promise and demonstrates how wellness programs at workplaces yielded negative results, even driving the worst outcomes.

This book contains the wisdom I needed to learn about stress. Rebecca Heiss writes with authority, backing her ideas with scientific evidence and convincingly arguing that people with no stress are dead. The framework advises readers to invite the tiger (acknowledging stress with honesty), transfer the energy (redefining fear as anger or excitement), and springboard toward purpose (taking small, well-aligned actions). That alone was all I needed to handle the stress in my life. *Springboard* helped me to understand stress as something normal, an invitation to look beyond what I feel to understand a calling, an action that can be transformative. Stress should not be a pathological threat. Instead, it should be understood as a physiological arousal, where neutral energy needs the right interpretation. This book is a gift for everyone, especially in the fast-paced, often stressful environments of contemporary readers, a book that shows how we can use stress not only to heal but to initiate and build actions that transform our lives.