

Stress is epidemic in the western world. Over two-thirds of office visits to physicians are for stress-related illness. Stress is a major contributing factor either directly or indirectly, to coronary artery disease, cancer, respiratory disorders, accidental injuries, cirrhosis of the liver and suicide; the six leading causes of death in the United States. Stress aggravates other conditions such as multiple sclerosis, diabetes, herpes, mental illness, alcoholism, drug abuse, and family discord and violence. This Sourcebook helps individuals identify harmful stress which may lead to mental, emotional, or physical health disorders, including environmental stress, depression, post-traumatic stress disorder, panic disorder, suicide, and physical effects of stress on the cardiovascular, immune, and nervous systems. It includes information about traditional and alternative techniques for stress reduction and management. A glossary of terms and directory of resources provide additional help and information.

Office 2011 for Mac All-in-One For Dummies, Orisa Devotion as World Religion: The Globalization of Yoruba Religious Culture, Charm Catcher and Dream Weaver: An Asti Fantasy, The Mikado (Act II, Song and Chorus (Mikado's Entrance): A more humane Mikado): Full Score [A3709], Julia France And Her Times: A Novel,

Stress-Related Disorders Sourcebook (Health Reference Series): Medicine & Health Science Books @ eatafk.com

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On Jan 31, , Michelle Tinkham and others published Stress-Related Disorders Sourcebook. Stress-Related Disorders Sourcebook by Amy L Sutton, , available at Book Depository with free delivery worldwide. The Hardcover of the Stress-Related Disorders Sourcebook by Amy L. Sutton at Barnes & Noble. FREE Shipping on \$ or more!. The Hardcover of the Stress-Related Disorders Sourcebook by Omnigraphics at Barnes & Noble. FREE Shipping on \$ or more!. This book is an excellent resource on various physiological and psychological illnesses that may be related to stress. Numerous medical. Stress-related disorders sourcebook. [Amy L Sutton;] -- Provides basic consumer health information about the physical and mental health effects of stress and. Anxiety disorders are prevalent among nearly 40 million American adults. Financial problems and stress are major contributors of anxiety, followed by fear and.

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