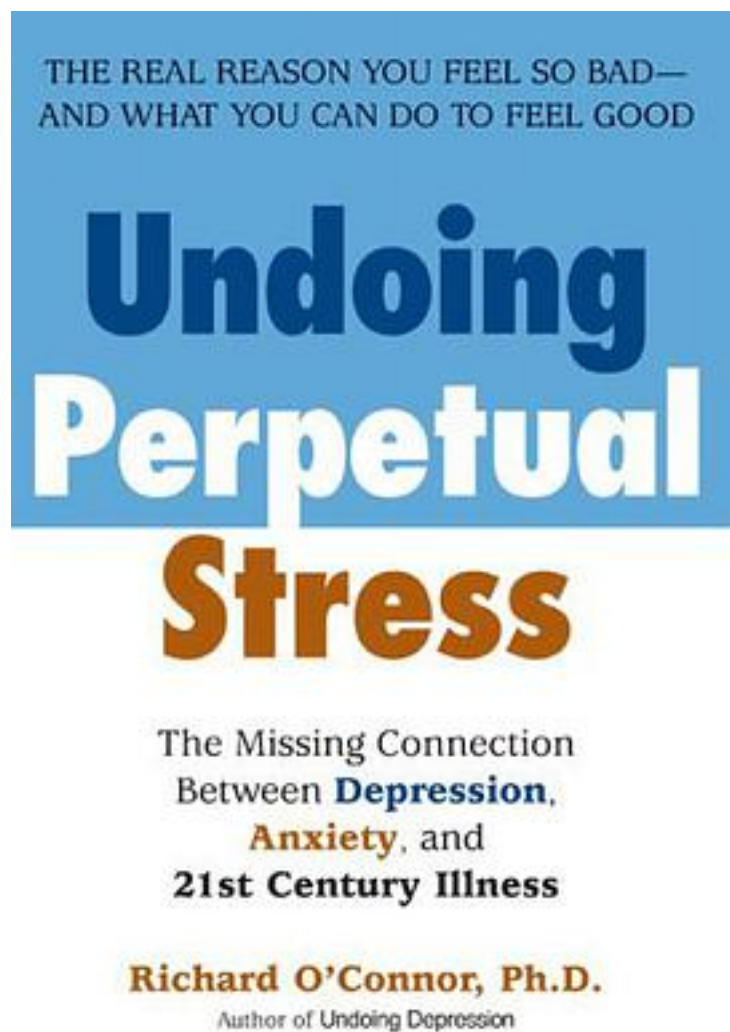


Undoing Perpetual Stress



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The author of bestselling Undoing Depression , Dr. Richard O'Connor goes beyond depression and into the world of perpetual stress--a condition that affects us all and leads to serious physical and mental health problems.

Twenty-first-century life is evolving at a breakneck pace-and with it, stresses multiply by the day. With people working long hours, worrying about families and finances ,and receiving non-stop e-mail and cell phone calls, stress is at an all time high. This is perpetual stress syndrome and the human nervous system was never meant to handle this many stressors. Here psychotherapist O'Connor explains how many common problems, both emotional and physical, are actually side effects of modern life, and how to undo their damage. He explains how readers can:

- Recognize the hidden effects of stress on the brain and body
- Understand their inner sanity in conflict with a crazy world
- Develop self-control over how to think, act, and feel when stressed
- Regain a sense of meaning and purpose in their lives

作者介绍:

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