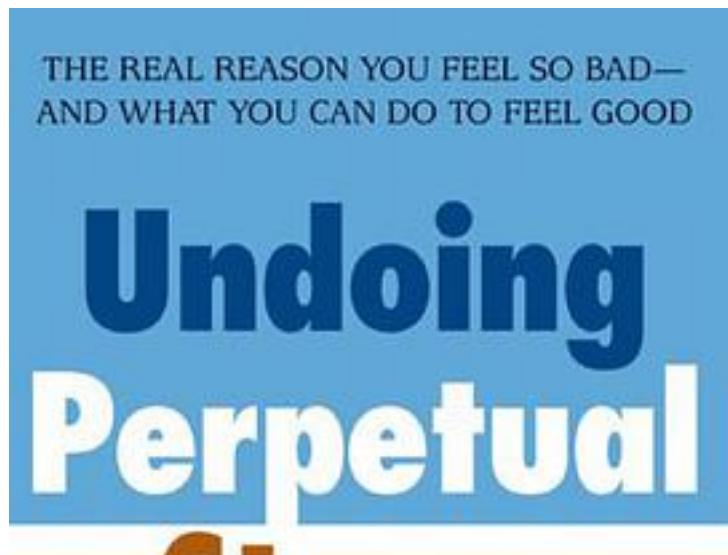


# Undoing Perpetual Stress



The Missing Connection  
Between **Depression**,  
**Anxiety**, and  
**21st Century Illness**

**Richard O'Connor, Ph.D.**

Author of *Undoing Depression*

[Undoing Perpetual Stress 下载链接1](#)

著者:O'Connor, Richard

出版者:Berkley Pub Group

出版时间:2006-2

装帧:Pap

isbn:9780425207697

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:

目录:

[Undoing Perpetual Stress 下载链接1](#)

标签

评论

前六章不错

---

[Undoing Perpetual Stress 下载链接1](#)

书评

Undoing Perpetual Stress 下载链接1