



## Stress Less: How to Rejuvenate the Body and the Mind (Hardback)

By Thea Singer

Penguin Putnam Inc, United States, 2010. Hardback. Condition: New. Language: English . Brand New Book. A landmark book that reveals how stress accelerates aging and how women can reverse the damage. Forty-two million American women-those between the ages of forty and sixty-experience the most stress of anyone in the world. And it shows, inside and out: from wrinkles and gray hair to the cells at the very core of our bodies. In *Stress Less*, prominent health and science journalist Thea Singer explores what the new science of stress can tell us about how to turn back the cellular clock. Drawing on cutting-edge information from a who's who of stress researchers, including Nobel Prize-winning biologist Elizabeth Blackburn, Singer explains how women's bodies react to stress, from shifts in mood to changes at a genetic level that affect how women look and feel, and even how long they live. But Singer also details how easy lifestyle changes can reduce the frequency and intensity of the body's reactions-thus minimizing the hazardous effects of stress and giving us the necessary tools to feel better, look younger, and live longer.



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