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Undoing Perpetual Stress: The Missing Connection Between Depression, Anxiety and 21st Century Illness

By Richard O'Connor

Penguin Putnam Inc. Paperback / softback. Book Condition: new. BRAND NEW, Undoing Perpetual Stress: The Missing Connection Between Depression, Anxiety and 21st Century Illness, Richard O'Connor, Our brains weren't built for this. Twenty-first-century life evolves at a breakneck pace and with it, stress seems to multiply by the day. We work long, harrowing hours. We fret over our families and finances. Our e-mail beeps and our cell phones ring. But our nervous systems were never meant to handle so many stressors. In this groundbreaking book, psychotherapist Richard O'Connor explains how a wide range of common problems both emotional and physical are actually side effects of modern life, and how you can undo their damage. Combining expertise with down-to-earth language, Undoing Perpetual Stress explains how you can recognize the hidden effects of stress on your brain and body, understand your inner sanity in conflict with a crazy world, develop self-control over how you think, act and feel when stressed, regain a sense of meaning and purpose in your life. You already know how to do stress. With the help of this book, you can undo it, too."


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