



Well Stressed: Manage Stress Before It Turns Toxic

Sonia Lupien

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Learn the science behind stress and start living better

Stress can kill. Chronic stress has been linked to depression, diabetes, cardiovascular disease, high cholesterol, and high blood pressure. Left untreated it can cause serious and long-lasting health problems. Drawing on two decades of clinical research into the effects of stress on the brain and the body, *For the Love of Stress* is designed to help you learn to control your stress and live a happier, healthier life.

Dr. Sonia Lupien is internationally respected as a leading authority on the science of stress, and in this practical, accessible book she provides an essential guide to understanding and managing the stresses we face every day. Identifying the four factors that underlie any stressful situation: Novelty—something new and unfamiliar; Unpredictability—not knowing how something is going to unfold; Threat—to your sense of self; and a poor Sense of self control, Dr. Lupien uses the appropriate acronym "N.U.T.S." to explore how stress makes us feel and how we can learn to cope.

- Helps the reader understand the science behind stress, how it affects us physically and mentally, and what we can do to keep it in check
- Explores why men make women's stress hormone levels rise but women cause men's stress hormone levels to drop
- Provides proven solutions for dealing with stress, including one for helping children to cope with moving schools as well as stress in the workplace
- Contrary to common belief stress is not simply "time pressure" or "workload" but rather our natural response to these things, characterized by the release of stress hormones
- Shows readers how a routine blood test can identify if you are at risk from high levels of stress hormones

In her practical and accessible book Dr. Lupien shows how stress can and should be controlled, not avoided.

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From reader reviews:

Eleanor Hayes:

Now a day individuals who Living in the era exactly where everything reachable by connect to the internet and the resources inside can be true or not require people to be aware of each facts they get. How individuals to be smart in obtaining any information nowadays? Of course the solution is reading a book. Reading a book can help folks out of this uncertainty Information specifically this Well Stressed: Manage Stress Before It Turns Toxic book because book offers you rich information and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you may already know.

Omer Brown:

People live in this new time of lifestyle always try to and must have the time or they will get great deal of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely of course. People is human not just a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading books. It can be your alternative throughout spending your spare time, the particular book you have read is usually Well Stressed: Manage Stress Before It Turns Toxic.

Joseph Mitchell:

Playing with family in a very park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, after that why you don't try matter that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Well Stressed: Manage Stress Before It Turns Toxic, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't understand it, oh come on its referred to as reading friends.

Christopher Melendez:

Reading a book to get new life style in this yr; every people loves to learn a book. When you read a book you can get a great deal of benefit. When you read textbooks, you can improve your knowledge, mainly because book has a lot of information into it. The information that you will get depend on what kinds of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself read a fiction books, this kind of us novel, comics, and soon. The Well Stressed: Manage Stress Before It Turns Toxic will give you a new experience in looking at a book.

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