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## Why Stress?: Stop Stressing, Conquer Anxiety, Phobias, and Depression (Paperback)

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By Barbara Williams

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\*\*\*\*\*.How do you define stress? In brief, stress is a feeling of being under abnormal pressure, whether it is an increased workload, an argument with a family member, or financial worries. While stress affects everyone in one way or another, there are certain times and situations when pressure piles up and we need a little extra support to help us cope. While research has shown that some stress can be positive, making us more alert and helping us perform better in certain situations, stress is only healthy if it is short-lived. If you are stuck in a busy office or an overcrowded train, you cant fight or run away, therefore you cant use up the chemicals your own body has produced to protect you. Over time, the build-up of these chemicals and the changes they produce can seriously damage your health. When you are stressed you may experience a variety of feelings, including anxiety, irritability or low self-worth which will eventually result to secluding yourself from others, inability to stand up for yourself and make...



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