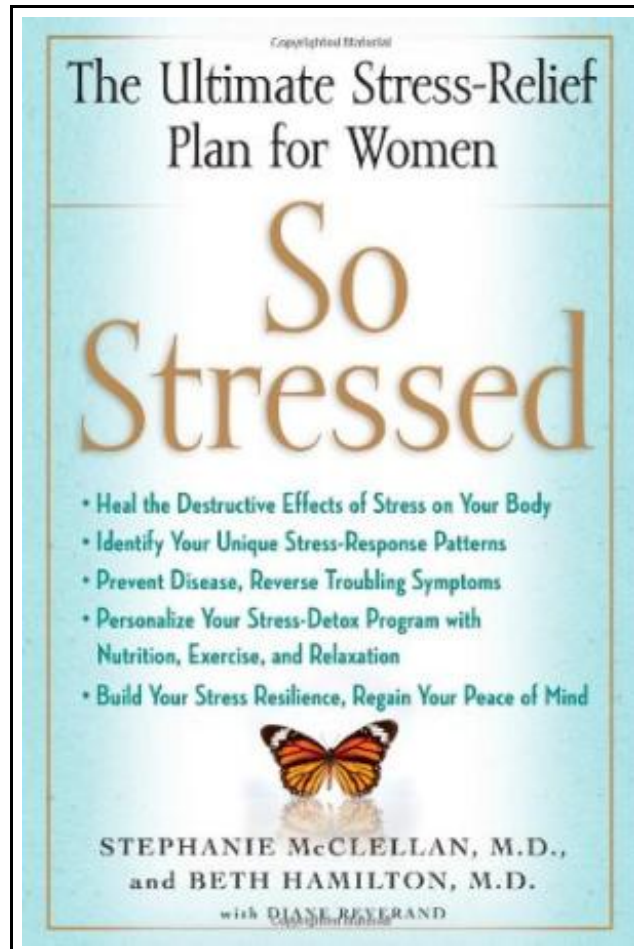


So Stressed: The Ultimate Stress-Relief Plan for Women (Hardback)



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SO STRESSED: THE ULTIMATE STRESS-RELIEF PLAN FOR WOMEN (HARDBACK)



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SIMON SCHUSTER, United States, 2010. Hardback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book. Being so stressed has to be the most common description for a woman today -- no matter your age or marital status, whether you have a career or work inside the home. Stress is the gift of modern life that keeps on giving, because, even after you've gotten through a stressful day or week, the effects on your body and mind linger, whether you're aware of them or not. And they can build up and make you sick -- unless you do something to stop them. That's where *So Stressed*, a landmark new guide to women's health, can help. The realization that stress was the most common cause of all the different symptoms and ailments that their patients were coming to them for was a eureka moment for internationally renowned OB-GYN physicians Stephanie McClellan and Beth Hamilton. To find out how stress could be the root cause of diseases as disparate as chronic pain, gynecological disorders and depression, asthma and metabolic disorders, Drs. McClellan and Hamilton embarked on a unique medical quest -- they wanted to find the latest discoveries emerging around the world in the science of stress and put them all together in treatments to help their patients now. Their urgent mission took them to the leading researchers at the best medical centers around the world, where they learned the exciting findings that they reveal in this fascinating new approach to women's health, *So Stressed*. With information from the medical and psychological sciences of stress that no other practicing physician or clinician has implemented, *So Stressed* shows you what stress is doing to every cell in your body, how it disrupts the intricate balance...



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