



Manage Your Stress:Overcoming Stress in the Modern World (Chinese Edition)

Joseph Schlender Leigh Devine

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This book aims to give readers a full understanding of the how and why of the human stress response. While once a vital ancient survival tool, our biological stress response may now be in overdrive when confronted by the modern world around us. Research has repeatedly shown that stress can cause physical illness if undetected and unmanaged. And is not always your stress that gets in the way of your success and happiness. Usually it is someone else's stress that gets in the way of your success and happiness. What can you do to help someone else with their stress so you can both be more successful? Dr. Shrand addresses the deeper biological and survival reasons we experience stress, exploring ways to relieve your own stress but at the same time breaking new ground when he demonstrates how helping someone else with their stress actually helps you to be more successful -- because you are seen as benefactor, a person of value.

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