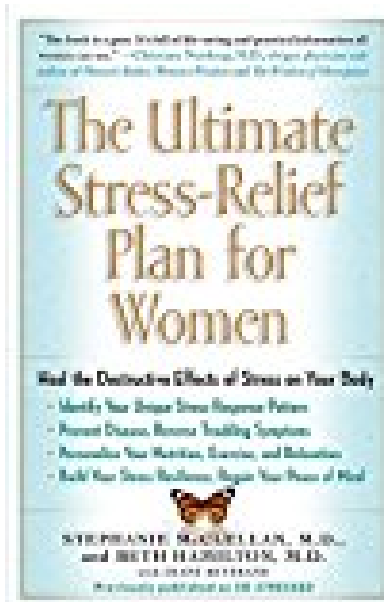


The Ultimate Stress-Relief Plan for Women



BOOK DETAILS

- Author : Stephanie McClellan M.D.
- Pages : 336 Pages
- Publisher : Atria Books
- Language : English
- ISBN : 1416593594



BOOK SYNOPSIS

So Stressed is also a landmark health book for women by two internationally respected female physicians. It combines insights from the authors combined 50-plus years of clinical experience to reveal a unique view on stress and how it affects women's bodies and minds. McLellan and Hamilton reveal how stress disrupts the intricate balance of the female body to make it the root cause of an astoundingly wide range of physical problems. They have pulled together findings from around the world that substantiate their breakthrough view of stress as a previously unsuspected, widespread factor in chronic health conditions and premature ageing. They guide readers through the body in an accessible, interesting new way to show stress's effect on brain and pain, endocrine and immune systems, metabolism and heart, libido and reproductive systems, and basic wellbeing. Their cutting-edge findings make essential reading for women of all ages, and couldn't be timelier. This very important book will enable women everywhere to make lifestyle choices that will change - and possibly save - their lives.

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