

Flagging Stress: Toxic Stress And How To Avoid It - Harry Barry

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Flagging Stress: Toxic Stress and How to Avoid It by Dr Harry Barry is a comprehensive guide to recognising the symptoms of stress and learning to cope with it in our everyday lives. Flagging Stress is the third instalment in Dr Harry Barry's hugely successful 'Flagging' series. In the world we live in, stress comes from a multiple number of sources, including pressures at work, relationship difficulties and illness. Most people can usually take what life throws at them; but when stress builds up, it can overwhelm an individual and lead to potentially serious health problems such as heart disease, strokes, obesity and diabetes on the one hand and depression, self harm and suicide on the other. With the right tools, we can learn how to manage it. This book aims to provide readers with the necessary skills to identify and manage stress in their lives. Flagging Stress is an indispensable tool on coping with the stresses of modern life. By identifying the different kinds of stress and in particular the dangers of 'toxic' stress, Dr Barry shows us how to identify where our stress is coming from and how we can effectively confront, manage and reduce it in our lives. The book, which includes diagrams, flags the dangerous behaviour associated with stress such as lack of exercise; change in diet; smoking; drinking; and changes in mood or temperament. Author: Barry, Harry Publisher: Liberties Press Illustration: N Language: ENG Title: Flagging Stress: Toxic Stress and How to Avoid It Pages: 00189 (Encrypted EPUB) On Sale: 2013-02-25 SKU-13/ISBN: 9781905483310 Category: Self-Help : Stress Management

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