



Handbook of Stress Medicine: An Organ System Approach

John R. Hubbard

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Psychological stress is often overlooked by medical doctors as a major factor in physiologically based illness; however, clinical studies show that stress has a vital impact on both the mental and physical well-being of patients. *Handbook of Stress Medicine: An Organ System Approach* focuses on the relationship between stress and the physiology and pathology of the major organ systems of the body. It suggests that understanding how stress impacts on illnesses can help hold down medical costs through more accurate diagnoses and promote improved preventative care.

Section I offers a general background on stress as it relates to medicine and the difficulties in conducting stress-related research. The primary focus of the text, how stress effects specific organ systems, is examined using scientific and clinical data in Section II. The third section addresses the impact of stress on important medical problems of current interest, such as AIDS, cancer, and substance abuse. It also discusses anxiety disorders. The next section covers topics related to stress, such as stress measurement, stress in the workplace, and the psychodynamics of stress. The final section explores the major pharmacological and non-pharmacological approaches to the treatment of stress and anxiety disorders.

This book will assist physicians, psychologists, nurses, physical therapists, and other health care professionals recognize possible stress-related problems, educate their patients, and develop therapeutic strategies for reducing stress and stress-related illnesses.



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Robert Prather:

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Cleta Blackwell:

A lot of people always spent their free time to vacation or go to the outside with them household or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book you read you can spent the entire day to reading a publication. The book Handbook of Stress Medicine: An Organ System Approach it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not too costly but this book possesses high quality.

Donald Burgess:

The book untitled Handbook of Stress Medicine: An Organ System Approach contain a lot of information on the idea. The writer explains your ex idea with easy technique. The language is very clear to see all the people, so do certainly not worry, you can easy to read the idea. The book was published by famous author. The author gives you in the new time of literary works. It is possible to read this book because you can keep

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