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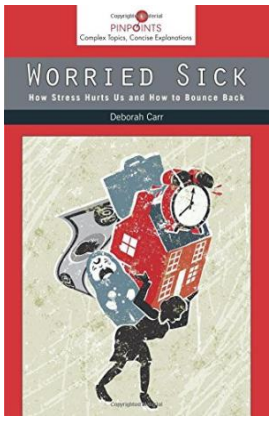
WORRIED SICK: HOW STRESS HURTS US AND HOW TO BOUNCE BACK



Rutgers University Press. Paperback. Book Condition: new. BRAND NEW, Worried Sick: How Stress Hurts Us and How to Bounce Back, Deborah Carr, Comments like "I'm worried sick" convey the conventional wisdom that being "stressed out" will harm our health. Thousands of academic studies reveal that stressful life events (like a job loss), ongoing strains (like burdensome caregiving duties), and even daily hassles (like traffic jams on the commute to work) affect every aspect of our physical and emotional well-being. Cutting...

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