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Stress-Related Illness (Paperback)

By Tim Cantopher

SPCK Publishing, United Kingdom, 2007. Paperback. Condition: New. Language: English . Brand New Book. Surveys of stress-related illness suggest that more than 250,000 people in the UK are experiencing stress at a level that is making them ill. Stress can indeed lead to extensive psychological and physical suffering but one thing is clear: we do have choices. Stress will always be with us, and we will continue to suffer - unless we choose to change, says Dr Cantopher. The good news is that this is possible - stress-related illness is avoidable, and if you change, you will attain happiness. Topics covered include: causes of stress; manifestations of stress - physical illness; psychological conditions, such as anxiety, panic disorder, OCD, phobic states and depression; acute treatments; longer term management; how to avoid stress and its ill effects; and, lifestyle issues. We have a choice! This book offers not just facts, but a message of hope.

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