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Stress and Your Health: From Vulnerability to Resilience

Hymie Anisman

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Stress and Your Health: From Vulnerability to Resilience Hymie Anisman
Stress and Your Health: From Vulnerability to Resilience presents an evidence-based evaluation of the various effects of stress, along with methods to alleviate distress and stress-related illnesses.

- Examines myriad stressor effects and proven ways to alleviate stress in our lives
- Covers a wide range of stressor-related topics including therapeutic strategies to deal with stress and factors that hinder treatment of stress
- Makes difficult biochemical and immunological concepts accessible to a non-specialist audience
- Addresses many of the factors that cause individuals to be more vulnerable to the impact of stressors and at increased risk for pathology

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