



Overcoming Stress: Advice for People Who Give Too Much

Dr. Tim Cantopher

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Stress can lead to extensive psychological and physical suffering, but there are choices you can make that will reduce your stress and improve your ability to cope. This book offers not just the facts but a message of hope. *Overcoming Stress* looks not only at the causes of stress but also at the manifestations and psychological conditions, such as physical illness, anxiety, panic disorder, OCD, phobic states, and depression. It offers information on both acute treatments and longer term management in avoiding stress and its ill effects. "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."

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