

Health Reference Series

Fourth Edition

Stress-Related Disorders

SOURCEBOOK



Basic Consumer Health Information about Stress and Stress-Related Disorders, Including Signs, Symptoms, Types and Sources of Acute and Chronic Stress, the Impact of Stress on the Body and Mental Health Problems Associated with Stress, Such as Depression, Anxiety Disorders, Bipolar Disorder, Obsessive-Compulsive Disorder, Substance Abuse, Post-Traumatic Stress Disorder, and Suicide

Along with Tips for Managing Stress, Assistance for Coping with Stress-Related Disorders using Complementary and Alternative Medicine Therapies, a Glossary of Related Terms, and a Directory of Resources for Additional Help and Information



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