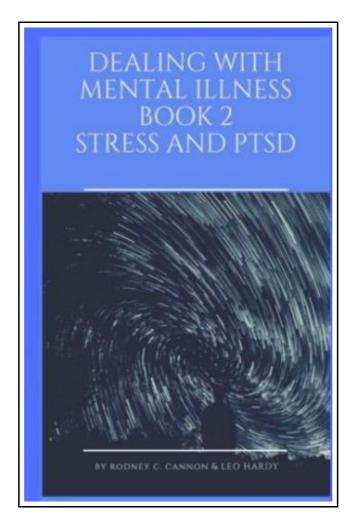
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DEALING WITH MENTAL ILLNESS BOOK 2 STRESS AND PTSD (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Dealing With Mental Illness Book 2 contains two books about two of the most overlooked mental ailments. Most people believe that Stress is normal and cannot do any long term harm. Stress can kill you if you overlook it and Post Traumatic Stress Disorder can go undiagnosed for years. It can do damage to your body and finances in ways that you are totally unaware of. Dealing with Stress is perhaps the most important thing that you will ever do. Stress -Dealing with Stress will offer you a comprehensive overview of what stress is and how to deal with it both in terms of its effect biologically, chemically and emotionally. The thing about stress it that it is perhaps the number one cause of other mental illnesses such as Depression and PTSD. It can do tremendous damage to your physical health as well. Stress can lead to weight gain or serious weight loss. Stress can cause heart attacks and strokes. If you do not learn how to manage and to deal with stress it can kill you. The good news is that stress can be managed with medication, exercise and simple activates that you will be introduced to in my book Stress, Dealing With Stress. Dealing with Post Traumatic StressThere was a time not so long ago when someone suffered a great trauma or a tragic event the sufferer was expected to get over it. The idea that real and lasting damage had been done was dismissed. Soldiers who suffered from what was called battle fatigue were called cowards and those who did not quickly get over a lo ss or a serious trauma were considered weak. Since then we have learned to call...



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