



Understanding Stress

By Greg Wilkinson

Family Doctor Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Understanding Stress, Greg Wilkinson, A certain amount of stress is necessary to keep us motivated. However, too much stress can have an adverse effect on our health and well-being, affecting our everyday performance and personal relationships. Repeated, continuing, severe stress has a weakening and demoralising effect which may make it more difficult to tackle the underlying problems that are causing the stress. Professor Wilkinson's invaluable book explains exactly what stress is and the problems it creates, as well as giving advice on self-help measures and where to go for help.



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