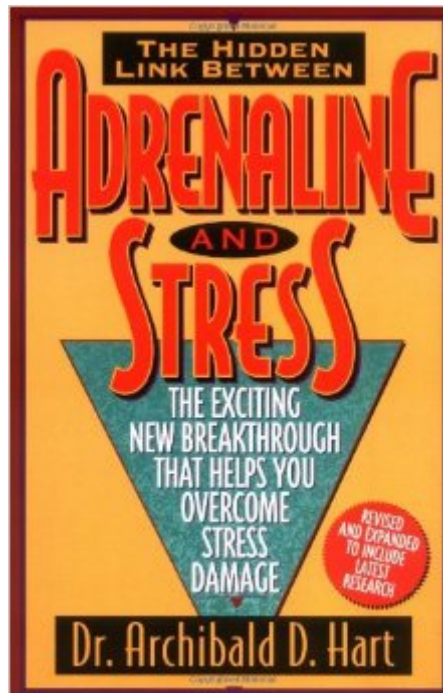


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Adrenaline And Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage



Synopsis

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Book Information

Paperback: 240 pages

Publisher: Thomas Nelson; Revised ed. edition (July 5, 1995)

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Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #78,556 in Books (See Top 100 in Books) #349 in [Books > Self-Help > Stress Management](#) #4009 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

Customer Reviews

When I began experiencing bizarre physical symptoms several years ago, I began getting very frightened. Cancer? MS? Lupus? Brain tumor? Test after medical test showed me to be quite healthy, with no discernable problems. When doctors suggested "stress," I dismissed it as a junk diagnosis, thinking "why don't you just say you don't know instead of blaming stress for everything." Turns out, though, that they were right. Stress is much, much worse for us than previously imagined. It does not just affect us primarily mentally or with the occasional headache or indigestion...it can profoundly alter our body to the point of near disability. I know -- because it has happened to me. This book came as a godsend in helping me understand what was happening to my body, and why. It was the book that opened my eyes to the connection between stress and the adrenal glands, and the profound affect that prolonged exposure to stress can have on our hormonal system. Many physicians poo-poo the idea that the adrenals can eventually become exhausted because they reason that adrenaline goes up (not down) when the body is under stress. Hart shows that while such reasoning is correct, it is only half correct. Eventually, the body can no longer sustain the continual demand for over-production of adrenaline and the body will crash. When that happens, the physical results are profoundly severe. Although Hart spends less time in the book dealing with the most serious stage of stress exhaustion - adrenal depletion - he was the first author that alerted me to this very real condition, and hence helped me on my journey to finding out what was wrong and how to get much-needed help for recovery from a debilitating condition.

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