

[Mobile ebook] Stress of Life

## Stress of Life

*Hans Selye*

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**Hans Selye : Stress of Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stress of Life:

1 of 1 people found the following review helpful. Why I liked this book  
By Carolyn G.S. Smith  
This is a very informative book for anyone who is interested in knowing how stress impacts the body from a medical point of view. I've read so many books that referenced the author and this book so I wanted to read it for myself. I'd recommend it to anyone who is interested in the study of human behavior, or who just enjoys reading about health in general. Stress is much more than a headache. It affects every part of your body. And the more you know about it, the better off you are.  
0 of 0 people found the following review helpful. Five Stars  
By D.X. Zhang  
In-depth scientific study of human stress, written in easy-to-understand style. Valuable for IO psychology research and personal knowledge.  
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Perfect! Exactly what I wanted and as explained.

"The Stress of Life" is completely revised, expanded, and updated to reflect two decades of new research. This classic book on stress by the man who formulated the entire theoretical concept is unquestionably the definitive general book on the subject.

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