



## Dealing with Mental Illness Book 2 Stress and Ptsd (Paperback)

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By Rodney C Cannon

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...



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