



# **Breaking Down Stress: What Exactly Is Stress And How To Completely Get Away From It: Psychosocial and Behavioural Perspectives**

*Jeric C. Corpuz*

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## **Breaking Down Stress: What Exactly Is Stress And How To Completely Get Away From It: Psychosocial and Behavioural Perspectives** Jeric C. Corpuz

Who isn't stressed out these days? With stress and anxiety so common, most people worry too much and wish for lasting stress relief. But while there is plenty of external stress, there is also what we do on the inside with stress, often without noticing it. In this reassuring and easy-to-follow book, Jeric Corpuz explains the psychological and physical factors that contribute to stress and offers practical advice and a holistic approach to help sufferers deal with its symptoms, including simple lifestyle changes.

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