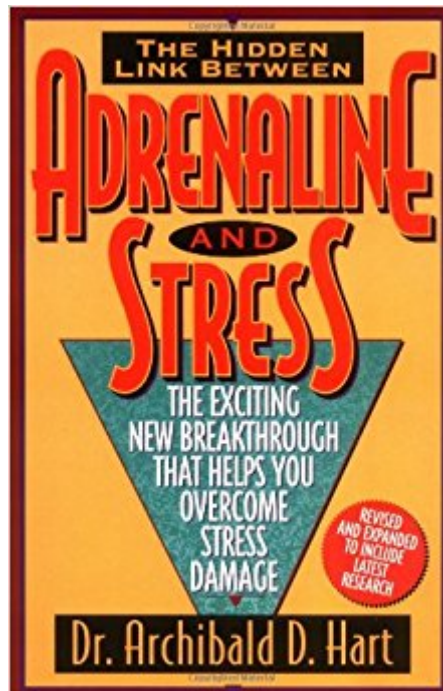


The book was found

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



## Synopsis

For Ingest Only - Data needs to be cleaned up for all products being loaded

## Book Information

Paperback: 240 pages

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

Language: English

ISBN-10: 084993690X

ISBN-13: 978-0849936906

Product Dimensions: 5.5 x 0.6 x 8.5 inches

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.

[Download to continue reading...](#)

Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage  
Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone  
Muscle, and Feel Great Without Dieting Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low  
Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong,  
Overcome Shyness) Alpha Lipoic Acid Breakthrough: The Superb Antioxidant That May Slow  
Aging, Repair Liver Damage, and Reduce the Risk of Cancer, Heart Disease, and Diabetes Adrenal  
Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce  
Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet,  
Adrenal Reset) Feeding the Rat: A Climber's Life on the Edge (Adrenaline) Trypophobia: Real,  
Terrifying and you definitely have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress,  
Anxiety,Depression, High Pressure, Unhappy, Stressed) Brain Damage: Overcoming Cognitive  
Deficit and Creating the New You What To Do If You Get Colon Cancer: A Specialist Helps You  
Take Charge and Make Informed Choices Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome,  
Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal  
Fatigue Diet, Adrenal Reset Diet) Overeating: How To Overcome Overeating, Food Addiction And  
Control Your Eating..11 simple and Easy Steps To Overcome Overeating! (Emotional Eating, Food  
... Binge. Will Power, Mindful Eating, Craving) The Autoimmune Fix: How to Stop the Hidden  
Autoimmune Damage That Keeps You Sick, Fat, and Tired Before It Turns Into Disease Gambling  
Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally Overcome  
Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling, Fantasy  
Sports, Poker) Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome  
Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome Conflicts,  
Marriage Book) Dave Pelz's Damage Control: How to Save Up to 5 Shots Per Round Using  
All-New, Scientifically Proven Techniques for Playing Out of Trouble Lies Chloe's Vegan Desserts:  
More than 100 Exciting New Recipes for Cookies and Pies, Tarts and Cobblers, Cupcakes and  
Cakes--and More! Medicare Demystified: A Physician Helps Save You Time, Money, and  
Frustration. Time Management: 80/20-in-80/20 - How to Create a Small but Powerful Tool Helps  
You Have both Flexibility and Self-discipline MAGIC WAND FOR SALE, a story about lupus: A book  
that helps you to explain your Children to understand LUPUS Winning at Baccarat: Baccarat  
Strategies to Consistently Win at Punto Banco or How to Win at Baccarats to Beat the Casino,  
Learn all the Baccarat Gambling Rules - Helps You Play Online Baccarat, too!

[Dmca](#)