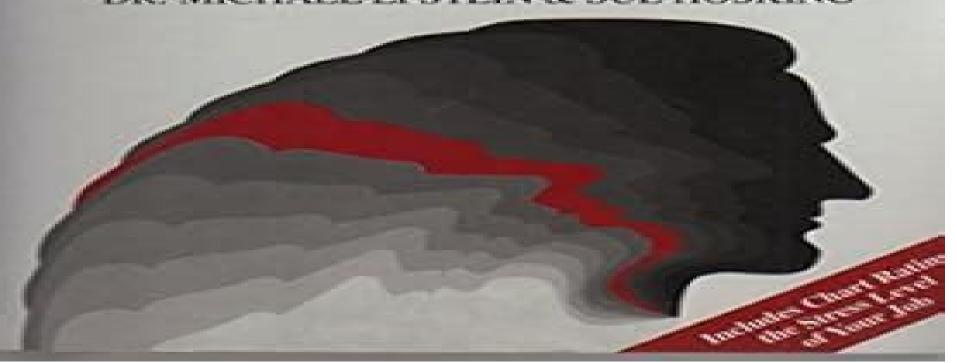


Avoiding, Coping with & Recovering from Stress Breakdown DR. MICHAEL EPSTEIN & SUE HOSKING



Falling Apart Avoiding Coping With Recovering From Streb Breakdown

Michael Epstein, Sue Hosking

Falling Apart Avoiding Coping With Recovering From Streb Breakdown:

Falling Apart Michael Epstein, Sue Hosking, 1992 Falling Apart Michael Epstein, Sue Hosking, 1989 Despite so many books being available on the general subject of stress there are few that deal specifically with its serious consequences Furthermore no other comprehensive book on stress breakdown the new and more appropriate term for the condition known as nervous breakdown exists Although it happens to ordinary people who appear to cope well with the usual demands of life only those who have experienced stress breakdown know what it is like Stories and private joys and agonies of those who have suffered from this debilitating experience are shared Falling Apart shows you how to avoid stress breakdown or how to cope with life if you or someone you are close to has experienced a breakdown This break through book includes simple strategies for dealing with the many problems we encounter in today s stressful world and suggests ways to handle the dilemmas that confront those recovering from a breakdown

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