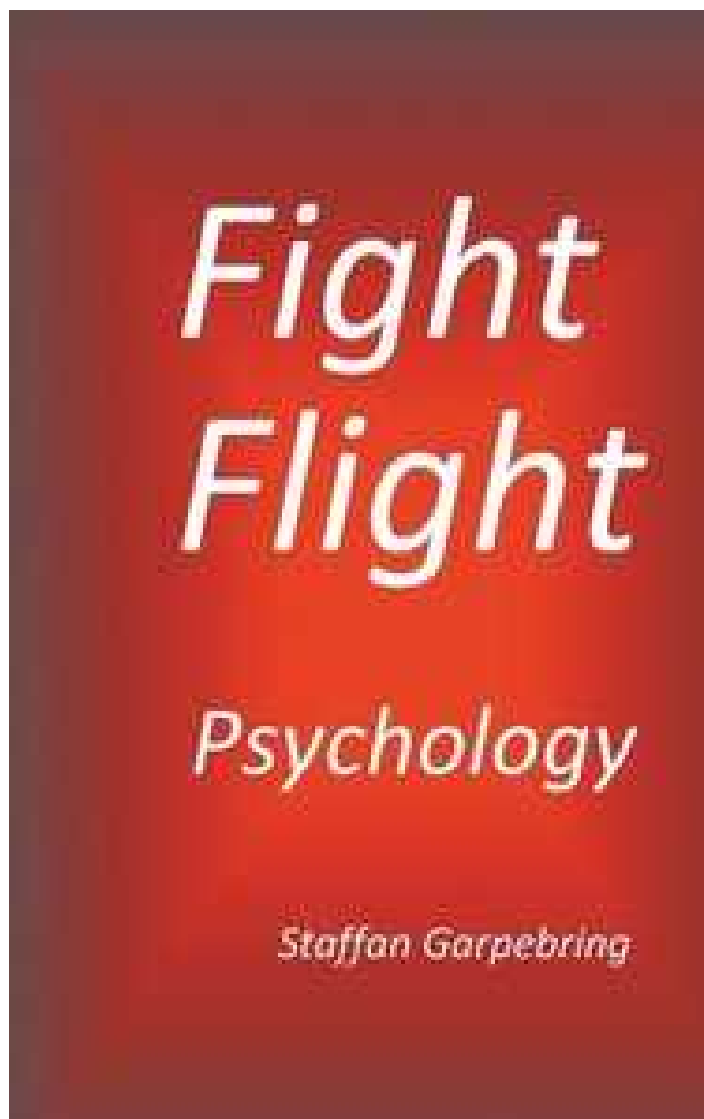


## **Fight flight psychology PDF E-BOK**

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**BESKRIVNING**

Tunnel vision and selective hearing operate when we experience psychological stress and can distort the flow of information from our senses and our mental flow. The vicious circles that take place between worrying thought and stress reflexes in the body can damage our health. Distraction, irritation, loss of memory, listlessness and insomnia makes things worse. As a result high bloodpressure, palpitations, breathing difficulties, sore muscles, headache, upset stomach and other psychosomatic complaints can afflict the body. This book provide both therapist and client with the tools to analyze the body-mind relationship, especially when dysfunctional stress reflexes are involved.

## VAD SÄGER GOOGLE OM DEN HÄR BOKEN?

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***LÄS MER***