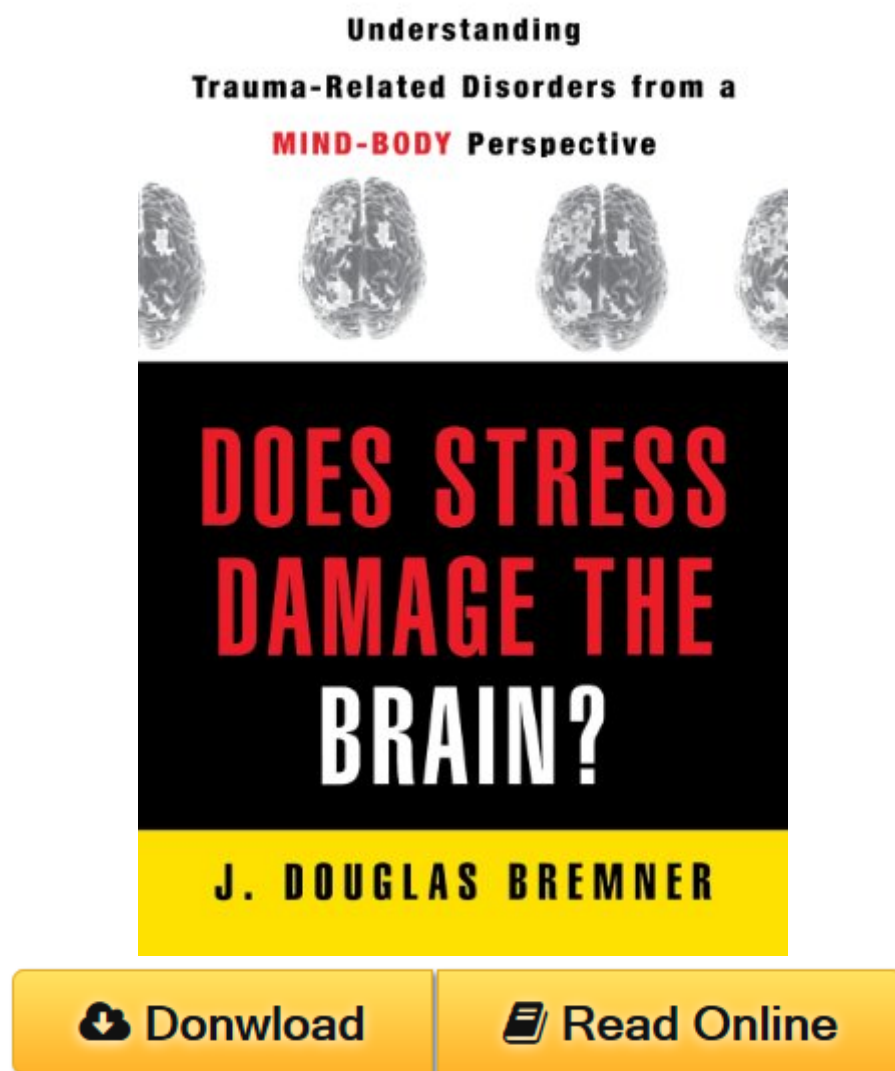


Does Stress Damage the Brain?: Understanding Trauma-Related Disorders from a Mind-Body Perspective PDF



Does Stress Damage the Brain?: Understanding Trauma-Related Disorders from a Mind-Body Perspective by J. Douglas Bremner ISBN 0393704742

The compelling story of how stress affects your brain.

Can what you see, hear, feel, and experience actually result in a permanent change in your brain? This provocative question arose from research discoveries by J. Douglas Bremner and others that showed that extreme stress might result in lasting damage to the brain. Anyone who has experienced even moderate stress in their life will benefit from the insights in this clearly written,

accessible book.

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