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Stress and Health: Biological and Psychological Interactions

William R. Lovallo

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Stress and Health: Biological and Psychological Interactions, by William R. Lovallo, is a brief and accessible examination of psychological stress and its psychophysiological relationships with cognition, emotions, brain functions, and the peripheral mechanisms by which the body is regulated. Updated throughout, the **Third Edition** covers two new and significant areas of emerging research: how our early life experiences alter key stress responsive systems at the level of gene expression; and what large, normal, and small stress responses may mean for our overall health and well-being.

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