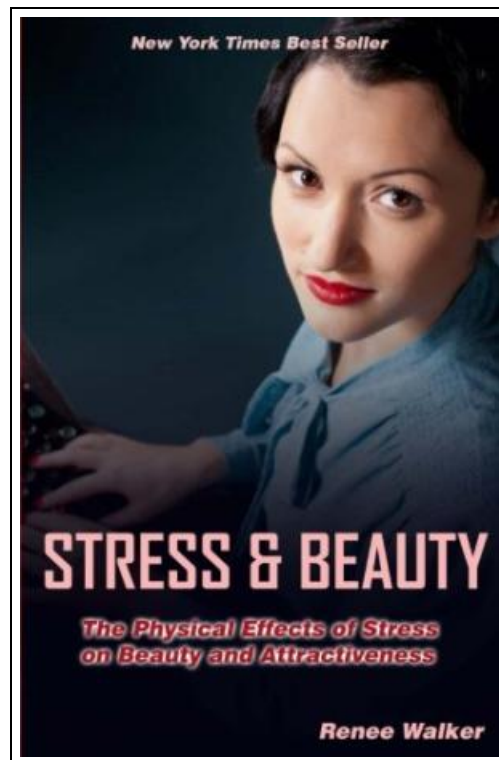


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STRESS BEAUTY: THE PHYSICAL EFFECTS OF STRESS ON BEAUTY AND ATTRACTIVENESS (PAPERBACK)

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.DID YOU KNOW THAT: -Stress can affect your physical appearance and your level of attractiveness? -A recent study showed that men find women with higher stress hormone to be less attractive? -Stress causes weight gain and a general appearance of exhaustion? -Stress hormone could cause skin disorders like psoriasis, acne, eye bags and eczema. -Chronic rises in stress hormones have been shown to accelerate the growth of precancerous cells and tumors; they also lower the body's resistance to HIV and cancer-causing viruses like human papilloma virus (the precursor to cervical cancer in women). -people who experience high amounts of stress at work are more likely to develop Type 2 diabetes. -Forty-three percent of all adults suffer adverse health effects from stress. -Seventy-five percent to 90 of all doctor's office visits are for stress-related ailments and complaints. -Stress can play a part in problems such as headaches, chronic fatigue syndrome, hypertension or high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety. -Does exercise, help with stress level reduction? Are you ready to Attempt to control the conceivable triggers of stress to keep from harming your general health and most importantly, your physical appearance? Then you are welcome. MORE ON THE SUBJECT MATTER: physical effects of stress on the body stress relief how to relieve stress stress management how to deal with stress stress management techniques ways to reduce stress managing stress stress disorders stress at work stress relief tips stress and its effects on the body traumatic stress disorder stress control health problems caused by stress stress management at work managing stress and anxiety stress remedies how stress affects your body effective ways to reduce...



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