



Adrenaline Nation: Chronic Stress is Ruining Our Health and Bankrupting Our Economy

Peter M. McCarthy

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Adrenaline Nation is a brilliant exposé by Peter McCarthy of how chronic stress is affecting American individuals, businesses and the entire nation's economy and health care system. It challenges accepted cultural paradigms and reveals uncomfortable truths of the serious economic, health and social consequences of stress. This book also offers revolutionary solutions for how individuals, businesses and government officials can get control over the vicious cycle of stress and its costly effects.

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