



The Joy Of Stress

Peter G. Hanson M.D.

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Joy, associated with **Stress**? When we think of these two concepts, they seem to be oxymorons. But modern stress is more complex than the familiar episodes of carnage that we see on the evening news. Stress influences our children at school. Stress also affects our performance as adults, influencing our work, our play, and our relationships. Even the lack of Stress can have a negative effect on the elderly. As a medical doctor, Peter Hanson has seen how stress can affect over 90% of all illnesses, aches, and pains. He also sees a nation turning to drugs and other passive “cures”. (One of the fastest growing prescriptions is the anti-depressant category, in pediatrics!) The same insights he gives his patients are here in his book.

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