

THE FEMALE STRESS SYNDROME

*HOW TO RECOGNIZE
AND LIVE WITH IT*

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The Female Stress Syndrome How To Recognize And Live With It

Georgia Witkin



The Female Stress Syndrome How To Recognize And Live With It:

The Female Stress Syndrome Georgia Witkin,1985 The Female Stress Syndrome Georgia Witkin,1991 The reality of female stress has been denied ignored and minimized for too long Here is the single most important book that tells it all why women experience stress differently from men and how they can learn to deal with the everyday pressures in their lives The second edition of this bestselling classic over 100 000 sold has now been revised to deal with the decade s new concerns choices and changes Seven new chapters have been added others expanded covering female stresses old and new the female body working women mothering love sex and marriage the family in its various forms children and teen stress and aging

A Woman's Forbidden Emotion Gary J. PhD Oliver,H. Norman DMin Wright,2005-01-26 Did you know that it is okay to get angry In fact anger is a proper and godly response to some of the challenges we face Written specifically for women and counselors this insightful and practical book corrects the popular notion that good Christian women should never get angry not for any reason not at anyone not ever While the Bible admonishes believers to be long suffering it also shows how anger can be a vital tool in God s hands for bringing about needed change *The Female Stress Survival Guide* Georgia Witkin,2009-08-18 I hope this book helps you help yourself live with female stress so that you can manage it rather than have it manage you Knowledge is power so read on Dr Georgia Witkin In this new Third Edition updated to address 21st century concerns the noted stress expert psychologist author and TV commentator has thoroughly revised and expanded her classic bestseller which has sold over 200 000 copies and been translated into 9 languages New stresses such as mastering the computer or kids returning home have not replaced the old stresses just multiplied them Dr Witkin writes She shows us how we can learn to cope and conquer helps us identify the female stress syndrome teaches us to use stress to our advantage and most important she describes clearly many proven physical and mental techniques for successful stress management Comprehensive and thoughtful refreshingly honest spiced with real life anecdotes quizzes checklists and a female stress questionnaire Dr Georgia Witkin covers a wide range of concerns for women of all ages including chapters on family love and sex teens aging men and much more **It's Okay to Be Angry** Gary J. PhD Oliver,H. Norman DMin Wright,2018-10-16 Did you know that it is okay to get angry In fact anger is a proper and godly response to some of the challenges we face While the Bible admonishes believers to be longsuffering it also shows how anger can be a vital tool in God s hands for bringing about needed change Written specifically for women and counselors this insightful and practical book corrects the popular notion that good Christian women should never get angry not for any reason not at anyone not ever Foreword by Lisa Bevere

Winning over Your Emotions H. Norman Wright,2012-04-01 Bestselling author and respected Christian counselor H Norman Wright offers practical advice on handling the emotions that overwhelm everyone at times Covering grief anxiety worry anger depression stress and more he explains the positive benefits of each emotion and provides steps for dealing with them In *Winning over Your Emotions* readers will discover detailed definitions positive and negative aspects of emotions

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 1983-May 1987 Evelyn A. Brownlee, 1987 **The Male Stress Syndrome** Georgia Witkin, 1986

The Female Stress Syndrome How To Recognize And Live With It Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **The Female Stress Syndrome How To Recognize And Live With It**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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