



## Stress in Health and Disease

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People live in this new morning of lifestyle always attempt to and must have the extra time or they will get lots of stress from both way of life and work. So , if we ask do people have spare time, we will say absolutely indeed. People is human not a robot. Then we ask again, what kind of activity do you possess when the spare time coming to anyone of course your answer may unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative inside spending your spare time, often the book you have read will be Stress in Health and Disease.

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#### **Neil Owens:**

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