



## Estresse (Portuguese Edition)

*Augusto Goldoni*

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# Estresse (Portuguese Edition)

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## **Estresse (Portuguese Edition)** Augusto Goldoni

O livro trata do estresse, a síndrome que atinge o ser humano contemporâneo e é causa de diversos outros males. O autor inicia conceitualizando o estresse - o que é, qual a diferença entre o estresse bom e o ruim, como identificá-lo e quais os agentes causadores. Segundo ele, o mundo globalizado, o excesso de informação e de tecnologia e a mudança de paradigmas são as grandes causas do estresse contemporâneo, que acomete a todos - inclusive as crianças e os idosos.

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