



# **Estrés: Sin perder el control (Colección Salud) (Spanish Edition)**

*Apolo Zepeda*

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Diariamente, nos enfrentamos a retos que debemos resolver adecuadamente para evitar estrés. ¿Sabía usted que el 80% de las personas en el mundo que realizan algún tipo de actividad laboral, y del 85 al 100% de aquellas que tienen algún grado universitario, están estresadas?. El actual estilo de vida implica altos niveles de presión, ¿qué pasa si no me controlo? El estrés puede provocar muchas complicaciones que pueden dañar nuestra mente y cuerpo. ¿Cómo prevenirlo? A medida en que organicemos nuestras actividades del diario, el padecimiento irá disminuyendo, sin embargo, es necesario conocer a fondo esta enfermedad para evitar riesgos futuros.

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