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Between Depression, Anxiety And 21st Century Illness
By Richard O'Connor**



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Editor's Note: Richard O'Connor, Ph.D. is the author of two noteworthy books, *Undoing Perpetual Stress: The Missing Connection Between Depression, Anxiety, and*

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In his book *Undoing Perpetual Stress: The Missing Connection between Depression, Anxiety*, this is what I call the Perpetual Stress Response.

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