

# Stress

## Individen, samhället, organisationen och molekylerna

LITTERATUR OCH REFERENSER TILL ANDRA UPPLAGAN 2005

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## 15. Stress och symptom från mag-tarmkanalen

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Författare **Ulrik Fredrik Malt**

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Författare Ulla Maria Anderberg

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## 19. Utmattningsyndrom

**Författare Marie Åsberg, Åke Nygren Jögen Herlofson, Gunnar Rylander och Ingrid Rydmark**

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## 20. Stress och sömn

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Se även tidigare referenslista 1a uppl. Kapitel 23

## 25. Att kunna utöva kontroll över sin egen situation – en förutsättning för hantering av upprepade och uttalad negativ stress

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