



Stress is a Predator: Are you a Stressaholic

Stacey Blake

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Stacey Blake writes "The stressaholic (is a workaholic) in that they possess all of the same compulsive behaviors with the exception being they have unwittingly set into motion the release of dangerously high levels of hormones associated with the "fight or flight" response". It is a dangerous condition". "Stressaholics typically have enormous professional and personal responsibilities. Letting go is unthinkable". In her book Stacey Blake describes life as an entrepreneur. How she struggled for years with high levels of stress and how it led she believes to her leukemia and the loss of all she had. She writes "I lived for years without anyone really understanding what was happening to me. I looked fine, I ran a good company and as far as outsiders could see, I was a success. Achieving such appearances took effort as I had to conceal, deflect and hide the truth of what was actually happening inside me. While I deeply loved the work and food products our company was making, my life was for years, one of quiet desperation". "I had overtime become a stressaholic". *Stress is a Predator - Are you a Stressaholic* is an excellent read. If you or someone you love are suffering overwhelming stress and fears Stacey Blake's story offers hope and many answers.

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