

The DOC Journey Webinar #2

Stress Kills

8-26-20



STUDIES & BOOKS REFERENCED IN WEBINAR:

Studies:

75 Year Harvard University Study on Happiness, Disease and Mortality

<https://apnews.com/6dab1e79c34e4514af8d184d951f5733>

Stress and Disease: A Structural and Functional Analysis – Smyth, et al.

<https://onlinelibrary.wiley.com/doi/abs/10.1111/spc3.12020>

Does the Perception that Stress Affects Health Matter? The Association with Health and Mortality – [Keller](#), et

al. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3374921/>

Obesity: Problem, Solution, or Both? - [Felitti](#), et al.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2912711/>

Psychological stress and disease – Cohen, et al.

https://www.researchgate.net/publication/5918645_Psychological_stress_and_disease_JAMA_298_1685-1687

Books:

Opening Up by Writing It Down, Third Edition: How Expressive Writing Improves Health and Eases Emotional Pain Paperback

by [James W. Pennebaker](#)

365 Tao: Daily Meditations Paperback – Illustrated, July 17, 1992

by [Ming-Dao Deng](#)

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