



Wise Words for Healing: A Novel View of Stress Management

Joe Rollstone

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Stress, as Harry McGhuy pointed out in the opening lines of his thesis, is not even a medical word, it is in fact an engineering term. To demonstrate this, Harry would draw a diagram of a truck driving over a bridge. The truck is the stressor and the stress is evident by the bridge bending and bowing under the load. Once the load has passed over, the bridge structure returns to normal. Applying this theorem to the human body we are better able to understand when someone says they are under a lot of stress. I promise you that once you have read Harry McGhuy's Words of Wisdom you will never again look at a bridge without considering its own personality, and you may very well find your own stress load a little easier to carry.

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