



# **Handbook of Stress and the Brain Part 1: The Neurobiology of Stress, Volume 15 (Techniques in the Behavioral and Neural Sciences)**

*Thomas Steckler, N.H. Kalin, J.M.H.M. Reul*

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The **Handbook of Stress and the Brain** focuses on the impact of stressful events on the functioning of the central nervous system; how stress affects molecular and cellular processes in the brain, and in turn, how these brain processes determine our perception of and reactivity to, stressful challenges - acutely and in the long-run.

Written for a broad scientific audience, the Handbook comprehensively reviews key principles and facts to provide a clear overview of the interdisciplinary field of stress. The work aims to bring together the disciplines of neurobiology, physiology, immunology, psychology and psychiatry, to provide a reference source for both the non-clinical and clinical expert, as well as serving as an introductory text for novices in this field of scientific inquiry.

Part 1 addresses basic aspects of the neurobiology of the stress response including the involvement of neuropeptide, neuroendocrine and neurotransmitter systems and its corollaries regarding gene expression and behavioural processes such as cognition, motivation and emotionality.

- \* Provides an overview of recent advances made in stress research
- \* Includes timely discussion of stress and its effect on the immune system
- \* Presents novel treatment strategies targeting brain processes involved in stress processing and coping mechanisms

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