

Five Factors That Cause Emotional Stress - Article

Post by “Kalosyni” of February 23, 2023 at 5:37 PM

I just found this very interesting article, which may be kind of out there because it questions the validity of the *Diagnostic and Statistical Manual* (DSM).

For anyone who is interested in an alternative understanding, this very good article made a lot of sense to me.

[Five Factors That Cause Emotional Stress • Harper West, Psychotherapist](#)

Learn what causes emotional problems based on what we really know about psychology and biology rather than the myth of biologically caused 'mental illness'....

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