

Fight or Flight

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Summary:

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A series of chance encounters leads to a sizzling new romance from the [New York Times](#) bestselling author of the *On Dublin Street* series.

The universe is conspiring against Ava Breevort. As if flying back to Phoenix to bury a childhood friend wasn't hell enough, a cloud of volcanic ash traveling from overseas delayed her flight back home to Boston. Her last ditch attempt to salvage the trip was thwarted by an arrogant Scotsman, Caleb Scott, who steals a first class seat out from under her. Then over the course of their journey home, their antagonism somehow lands them in bed for the steamiest layover Ava's ever had. And that's all it was--until Caleb shows up on her doorstep.

When pure chance pulls Ava back into Caleb's orbit, he proposes they enjoy their physical connection while he's stranded in Boston. Ava agrees, knowing her heart's in no danger since a) she barely likes Caleb and b) his existence in her life is temporary. Not long thereafter Ava realizes she's made a terrible error because as it turns out Caleb Scott isn't quite so unlikeable after all. When his stay in Boston becomes permanent, Ava must decide whether to fight her feelings for him or give into them. But even if she does decide to risk her heart on Caleb, there is no guarantee her stubborn Scot will want to risk his heart on her....

Fight-or-flight response - Wikipedia The fight-or-flight response (also called hyperarousal, or the acute stress response) is a physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival. It was first described by Walter Bradford Cannon. **How the Fight or Flight Response Works** - Verywell Mind The fight-or-flight response was first described in the 1920s by American physiologist Walter Cannon. Cannon realized that a chain of rapidly occurring reactions inside the body helped to mobilize the body's resources to deal with threatening circumstances. **Fight or Flight | HowStuffWorks** To produce the fight-or-flight response, the hypothalamus activates two systems: the sympathetic nervous system and the adrenal-cortical system. The sympathetic nervous system uses nerve pathways to initiate reactions in the body, and the adrenal-cortical system uses the bloodstream. The combined.

Understanding the stress response - Harvard Health It triggers the fight-or-flight response, providing the body with a burst of energy so that it can respond to perceived dangers. The parasympathetic nervous system acts like a brake. It promotes the "rest and digest" response that calms the body down after the danger has passed. **The Fight or Flight Response** - NeilMD.com This fundamental physiologic response forms the foundation of modern day stress medicine. The "fight or flight response" is our body's primitive, automatic, inborn response that prepares the body to "fight" or "flee" from perceived attack, harm or threat to our survival. **Stress: Fight or Flight Response** - Psychologist World What is the fight or flight response? The flight or fight response, also called the "acute stress response" was first described by Walter Cannon in the 1920s as a theory that animals react to threats with a general discharge of the sympathetic nervous system.

Stress Recess: Fight or Flight Fight or Flight. What does "fight or flight" mean? The term "fight or flight" describes a mechanism in the body that enables humans and animals to mobilize a lot of energy rapidly in order to cope with threats to survival. The fight or flight response: Our body's response to ... This fight or flight response is appropriate and can actually be life saving when there is an actual and imminent physical threat. For example, when the driver in front of you suddenly slams on the brakes, you need to react quickly (and without a lot of thought) in order to prevent an accident. **Fight or Flight Response** Paul Andersen explains how epinephrine is responsible for changes in chemistry of our body associated with the fight or flight response. Epinephrine released by the adrenal medulla are received by.

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