

## Double Data

an exercise in contradiction

As you read "The Price of Pressure," look for **data** (evidence and examples) that indicate that stress is both good and bad for you.

- Write a paragraph arguing that stress is good for you using data from the article.

- Using the same data, argue that stress is harmful in a second paragraph.

Each paragraph should:

- be at least 3 sentences in length
- contain specific data from the article
- be written in ink.

Take your time. No body said this was going to be easy, and no body said that this wasn't going to be stressful... which by the way can be a good thing;-)