

Poverty

A human body doesn't care if acute stress is caused by almost getting your electricity shut off or by a looming deadline on a million-dollar contract. The reason that poor people wind up coping in ways that seem pointlessly self-destructive is that all the constructive stuff costs money.

I can't afford to join a gym. I can't just pay a shrink to listen to me vent.

I can't go shopping or find an accupuncturist or good masseuse or whatever else it is that the people above me do to cope.

Linda Tirado, Hand to Mouth