

Download Our Sweat, Our Fight

Overview. Having grown up side-by-side in small-town working-class America, best friends Tracey and Cynthia went from fun-loving schoolchildren to saloon-loving adults who work together on a steel manufacturing line. 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. Filled with warm humor and tremendous heart, the Pulitzer Prize-winning SWEAT tells the story of a group of friends who have spent their lives sharing drinks, secrets, and laughs while working together on the factory floor. "We shall fight on the beaches" is a common title given to a speech delivered by Winston Churchill to the House of Commons of the Parliament of the United Kingdom on 4 June 1940.