



Managing Stress: Principles and Strategies for Health and Wellbeing

By Brian Luke Seaward

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An exciting, engaging text/audio CD package on topics of stress management and health psychology, integrating coping skills and relaxation techniques with Eastern and Western models and the latest information on mind-body connections and psychoneuroimmunology. Thought-provoking stories and exercises highlight areas such as art therapy, yoga, t'ai c

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