

Managing Stress: Principles And Strategies For Health And Well-Being (W/ CD) + Art Of Peace And Relaxation Workbook Pkg By Brian Luke Seaward

By Brian Luke Seaward

Description. Managing Stress, Seventh Edition, provides a comprehensive approach to stress management honoring the integration, balance, and harmony of mind, body

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Jul 31, 2009 9780763761639 Managing stress; principles and strategies for health and well-being, 6th ed. (Includes The art of peace and relaxation workbook and CD)

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