



Comprehensive Stress Management with PowerWeb/OLC Bind-in Card & HealthQuest CD

Jerrold S Greenberg

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This personable and easy-to-read text is designed to help students identify, understand and combat the stressors that most affect their lives. In his informal, anecdotal style, author Jerrold Greenberg introduces and discusses the latest research findings on the physical, psychological, and spiritual aspects of stress, as well as the appropriate coping skills.

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