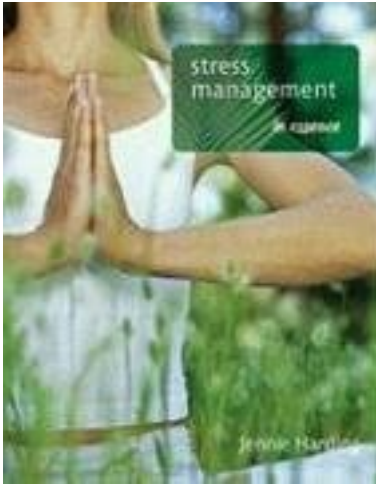


Stress Management in Essence



[Stress Management in Essence 下载链接1](#)

著者:Harding, Jennie

出版者:Trans-Atlantic Pubns

出版时间:2007-9

装帧:Pap

isbn:9780340926079

Designed to inspire and to motivate, Stress Management in Essence provides students with a beautifully illustrated, easy to follow introduction to holistic stress relief. Stress affects all aspects of our existence: that is the physical, mental and emotional elements of daily life. The key to sustaining relief from stress is to recognise stress patterns and understand how to manage them better. This book introduces means of developing self-awareness and provides a guide to simple, holistic methods of stress relief. Stress Management in Essence concentrates on practical application with step-by-step photographs of relaxation routines. The book enthuses students and encourages further study with questionnaires, case studies, FAQs and detailed information on how to develop your skills. It is suitable for short stress management courses and provides an invaluable guide enabling therapists or students of holistic therapies to evaluate, understand and help themselves as well as to provide advice to clients, friends or family.

作者介绍:

目录:

[Stress Management in Essence 下载链接1](#)

标签

评论

[Stress Management in Essence 下载链接1](#)

书评

[Stress Management in Essence 下载链接1](#)