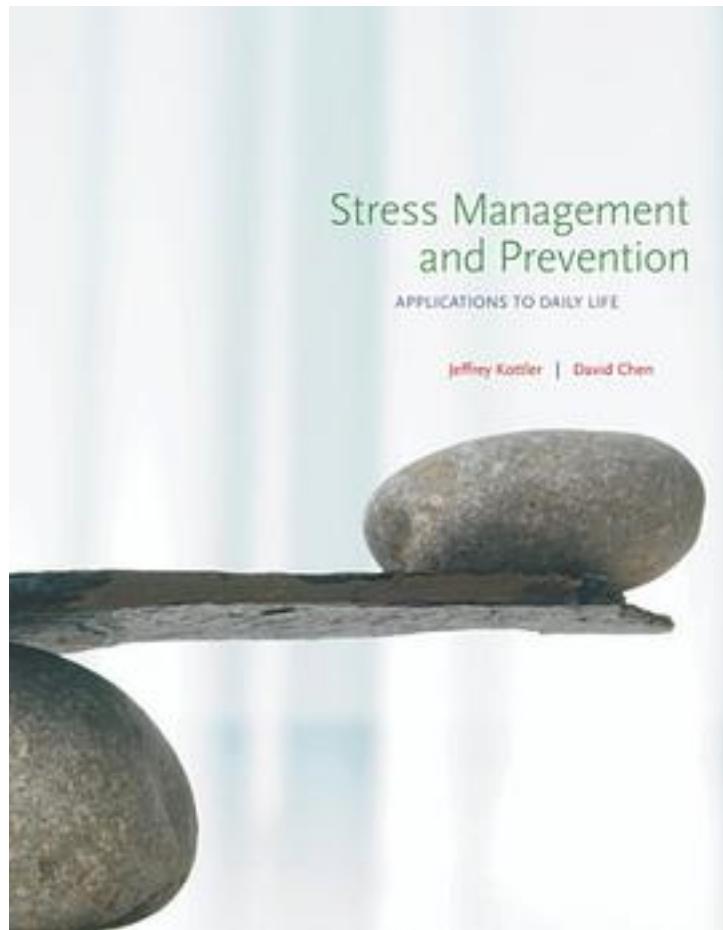


Stress Management Prevention



[Stress Management Prevention 下载链接1](#)

著者:Kottler, Jeffrey A./ Chen, David D.

出版者:Thomson Learning

出版时间:2007-3

装帧:Pap

isbn:9780495016281

STRESS MANAGEMENT AND PREVENTION: APPLICATIONS TO DAILY LIFE is a broad introduction to the subject of stress management. This practical and highly praised book includes a variety of self-regulation and other techniques to help you cope with

and prevent stress in your life. With this little guide, you'll have the tools you need to live a well-balanced life.

作者介绍:

目录:

[Stress Management Prevention_ 下载链接1](#)

标签

评论

[Stress Management Prevention_ 下载链接1](#)

书评

[Stress Management Prevention_ 下载链接1](#)