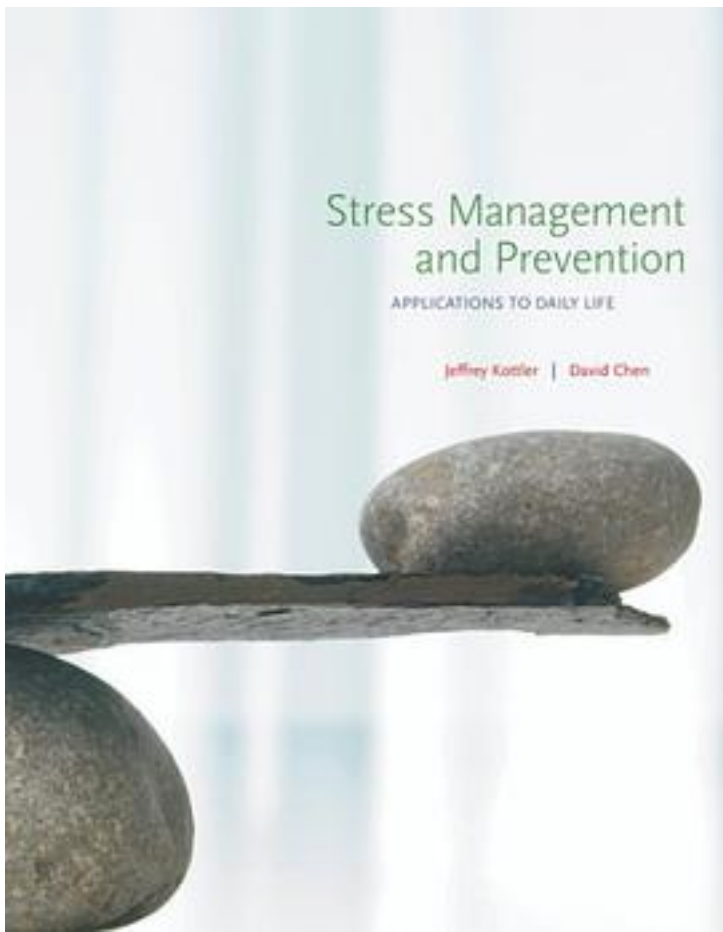


Stress Management Prevention



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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.

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