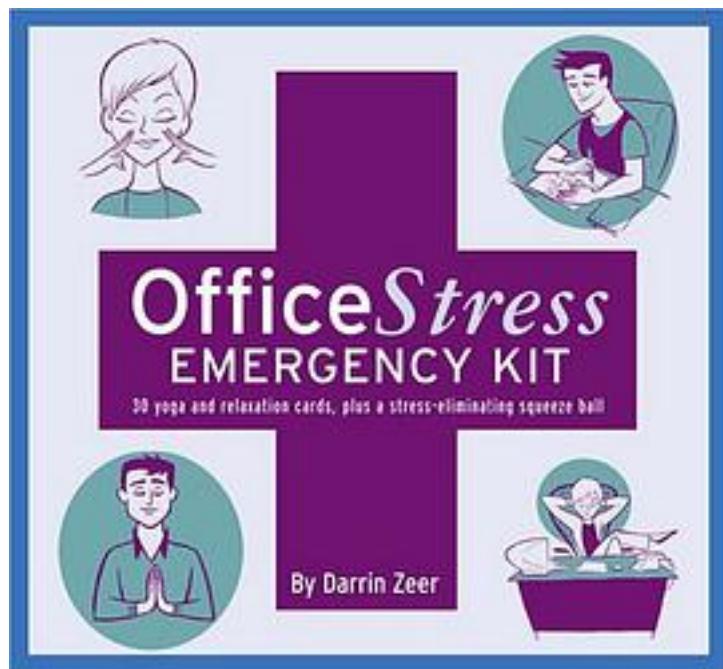


Office Stress Emergency Kit



[Office Stress Emergency Kit 下载链接1](#)

著者:Zeer, Darrin

出版者:Chronicle Books Llc

出版时间:2005-3

装帧:Pap

isbn:9780811847025

If the daily grind is wearing you thin, look no further than this desktop kit adapted from the popular "Office Yoga," "Office Spa," and "Everyday Calm" books. Whether you're overworked, overwhelmed, or just plain over it, pick a card, and let these simple, good-for-you stretches, poses, and rituals ease you into a soothing and productive work life. Includes a stress-reducing ball for squeezing away worries.

作者介绍:

目录:

[Office Stress Emergency Kit 下载链接1](#)

标签

评论

[Office Stress Emergency Kit 下载链接1](#)

书评

[Office Stress Emergency Kit 下载链接1](#)