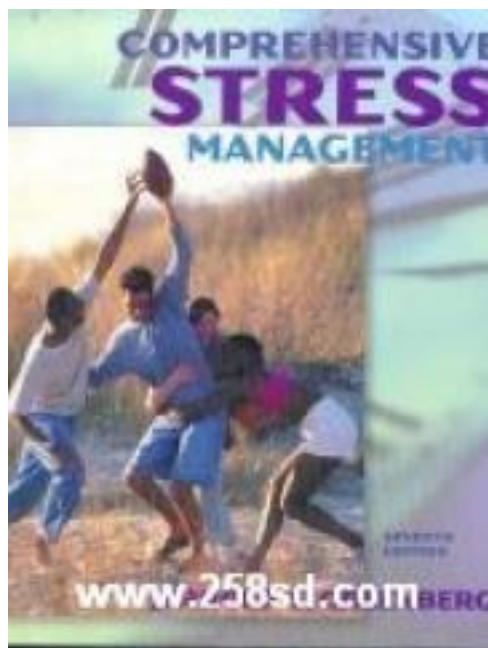


Comprehensive Stress Management



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著者:Greenberg, Jerrold S.

出版者:McGraw-Hill College

出版时间:2008-1

装帧:Pap

isbn:9780073529622

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

作者介绍:

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