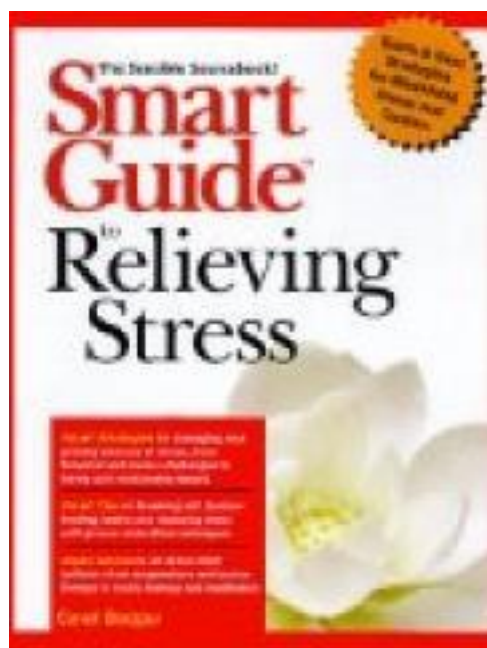


Smart Guide to Relieving Stress



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The Sensible Sourcebook! Smart Guide? to Relieving Stress An all-you-need-to-know introduction to stress management—starting you on the Smart path to a healthy and happy lifeSmart Advice on reversing your cycle of stress with a customized plan designed to minimize the anxieties caused by work, family, health, and moneySmart Strategies for making a range of stress busters—from massage therapy and feng shui to regular exercise and meditation—work for youSmart Information on the calming properties of certain vitamins, antioxidants, and supplements—and which "miracle cures" you should watch out forSmart Insights into cyberstress, road rage, stock market madness, and other by-products of our high-tension societyQuick reading and easy referencing with a comprehensive index and loads of sidebars and tablesCader Books Make the Smart choice! Smart Guides? take readers

seriously. They satisfy even the most curious person’s desire to know the essentials about any of a wide range of topics—from good nutrition to mutual funds to shopping for a home. It’s all about good reading and expert information. The choice is yours.

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