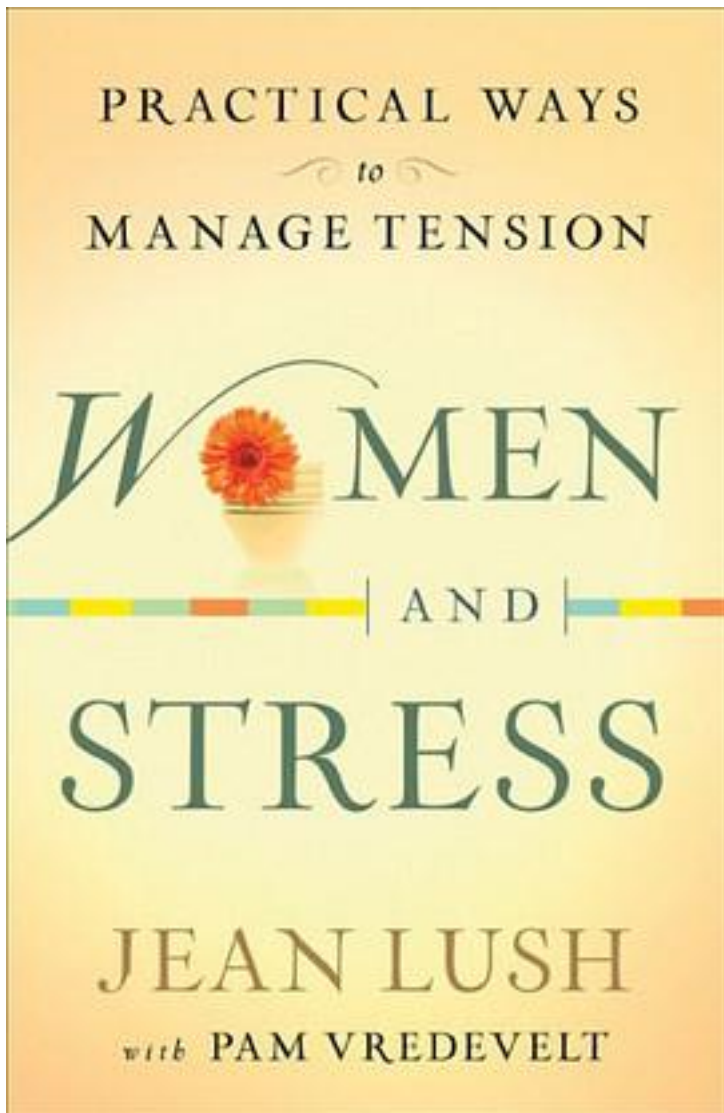


Women and Stress



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著者:Lush, Jean/ Vredevelt, Pam

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Everyone must manage tension. How they do it can determine the quality of their lives. In "Women and Stress," Jean Lush and Pam Vredevelt show women how to deal with stress in healthy, productive ways. They examine troublesome emotions and show how to manage tension with practical, tried and true methods gained from research, personal experience, and enlightening case studies. Readers will find reassuring advice for handling common sources of stress and their manifestations, such as

- fear
- mood swings
- jealousy and anger
- perfectionism
- unmet needs
- and more

Now repackaged to reach a new generation of stressed-out readers, "Women and Stress" continues its important role in stress management in our high-stress times.

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