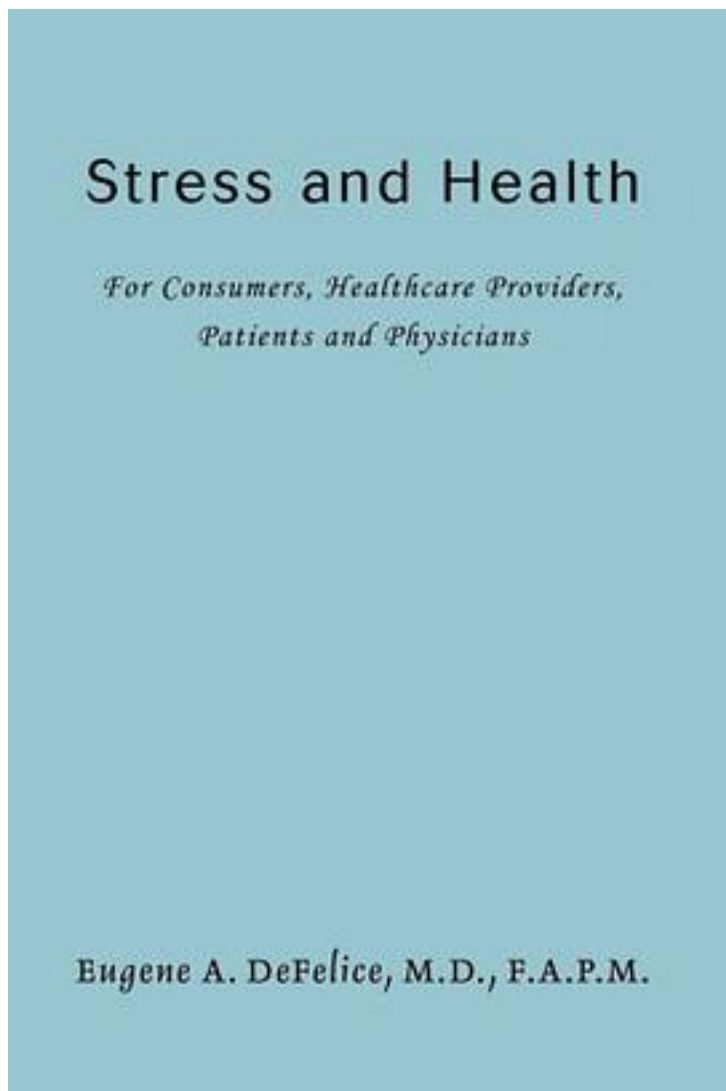


# Stress and Health



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出版者:

出版时间:2006-9

装帧:

isbn:9780595410651

Stress and Health is a state-of-the-art/science review that also provides a number of key Web resources/websites for additional information. The book allows you to obtain current and useful information on stress, its impact on health and to quickly and easily search the Web. With this book you may take charge, control and responsibility for controlling stress in your life, make informed decisions with your healthcare provider/physician and live a healthier, happier, longer and more productive/enjoyable life. Eugene A. DeFelice, M.D., F.A.P.M., is an internationally recognized author, educator, and former Distinguished Clinical Professor of Medicine, Robert Wood Johnson Medical School, 1977-2003. He is listed in the prestigious Marquis' Who's Who in Medicine and Healthcare, Who's Who in America, Who's Who in the World, and Who's Who in Education. Dr. DeFelice is the author of 70 medical/scientific articles published in professional journals plus 12 key books on medicine, nutrition and Web Health resources.

作者介绍:

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