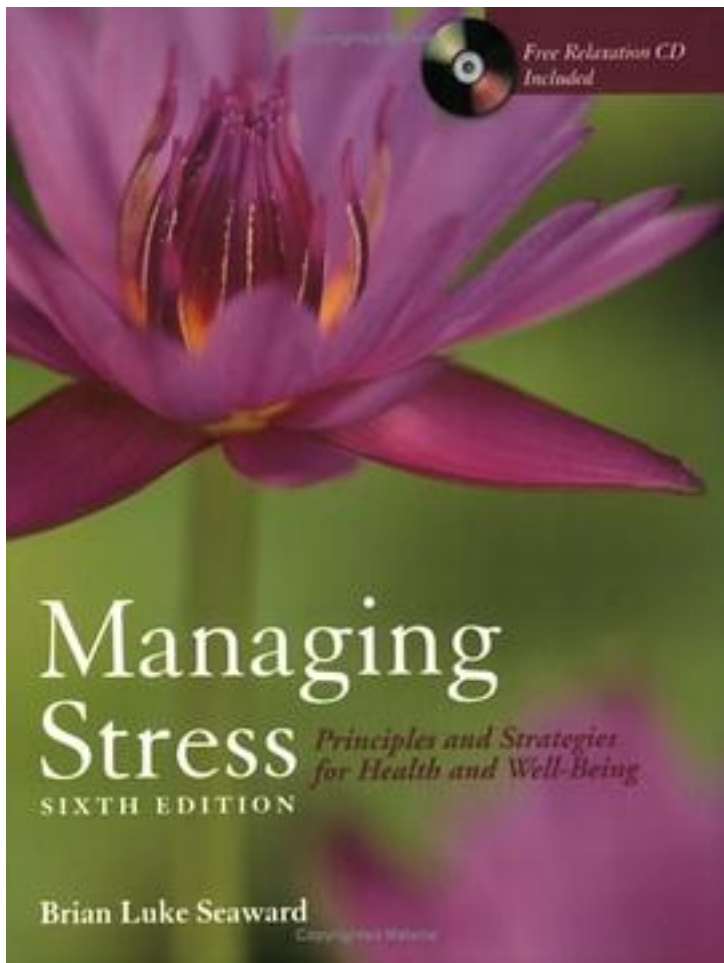


Managing Stress



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Referred to as the "authority on stress management" by students and professionals, Managing Stress, Sixth Edition, contains the most comprehensive approach honoring the integration, balance and harmony of mind, body, spirit and emotions. The holistic

approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity.

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