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2nd Edition

Stress Management

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Learn to:

- Cope with stress while keeping your cool
- Identify stress triggers and cut them down to size
- Master stress management techniques and regain control of your life
- Adopt a stress-resilient lifestyle

Allen Elkin, PhD

Director, The Stress Management & Counseling Center, New York City



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web sep 16 2023 dargaggoonni yeroo barnoonni eegaluu kanatti ijoollee maatiinsaanii humna hin qabneef meeshaalee barnootaa walitti qabaniis gumaachan miira addaa qaba jedhu waqtiin gannaa dhumees yeroo