

You Must **RELAX**

WHEN

Working too hard
Worrying too much
Fatigued or sleepless
Your doctor advises rest for high blood pressure, colitis, heart trouble, organic diseases

WHY

To relieve nervousness
To increase your efficiency
To rest and sleep properly
Nervous strain is more widespread and severe than ever in wartime

HOW

This book explains how to relax while you are working, playing, or resting
Revised edition contains new developments and new chapters on war nerves, high blood pressure, sleep

EDMUND JACOBSON, M.D.

You Must Relax

F Rizvi



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