

ARE YOU AMONG THE 95 MILLION  
AMERICANS WHO SUFFER FROM STRESS?

# STRESS MANAGEMENT

A COMPREHENSIVE  
GUIDE TO WELLNESS

"THE MOST INFORMATIVE  
AND PRACTICAL BOOK  
ON STRESS TO DATE."

American Academy  
of Behavioral Medicine

EDWARD A. CHARLESWORTH, PH.D.  
AND RONALD G. NATHAN, PH.D.



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# Stress Management A Comprehensive Guide To Wellness

**Y Pai**



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