



# Managing Stress: Principles and Strategies for Health and Well-Being

*Brian Luke Seaward*

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Taking a holistic approach to stress management, this textbook examines the relationship between stress and disease, outlines pertinent psychological concepts, and suggests coping strategies and relaxation techniques for daily use. The fifth edition adds color images and a chapter on managing time and money. The relaxation CD provides restful music

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#### **Joseph Mitchell:**

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