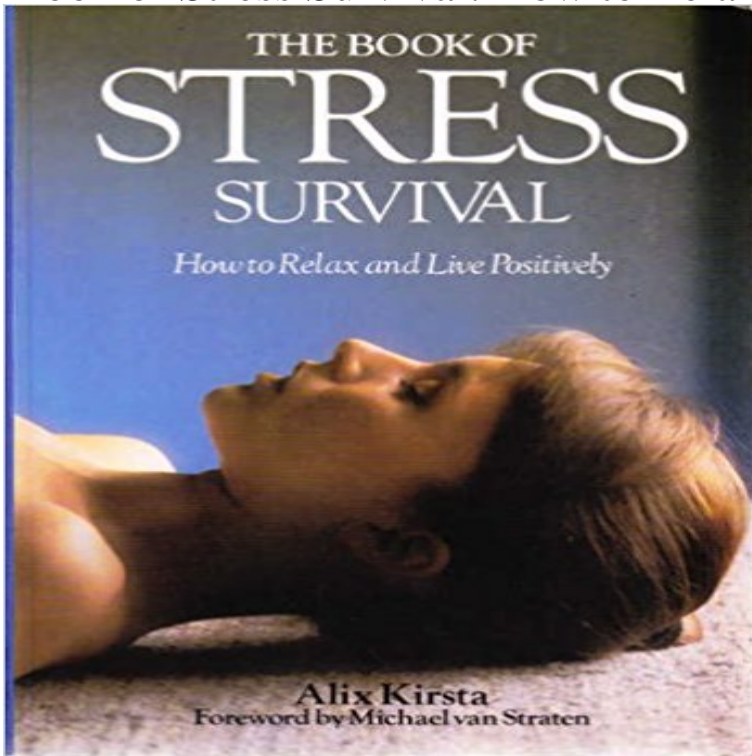


## Book of Stress Survival: How to Relax and De-stress Your Life



Examines the causes and effects of stress and also shows how to reduce its effects on your life. This reference on personal stress management takes you through meditation and relaxation, body management and diet.

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