



Stress Therapy (Paperback)

By Tom McGrath

Abbey Press, United States, 1997. Paperback. Book Condition: New. R W Alley (illustrator). 146 x 102 mm. Language: English . Brand New Book. Are you stressed out? Does your life seem to go from one stressful moment to another? Then a typical book on coping with stress will probably be just one more item for your to-do list rather than a helpful remedy. What you need, instead, is a good dose of Stress Therapy. With its short, sound advice and lighthearted drawings, this small, unique book provides practical, effective, and insightful guidance for recognizing and responding to stress. Stress Therapy won't make your life stress-free, but it can help you manage stress in ways that will enhance your life.

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