



# The Stress Management Sourcebook: Everything You Need to Know

*J. Cunningham*

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It's no secret that there is a near-epidemic of stress and stress-related diseases in the United States. Here with the cure is *The Stress Management Sourcebook*. Filled with useful stress-assessment tests and practical, holistic stress-reduction techniques, this second edition will enable readers to "tame the dragon" of stress in their daily lives.

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