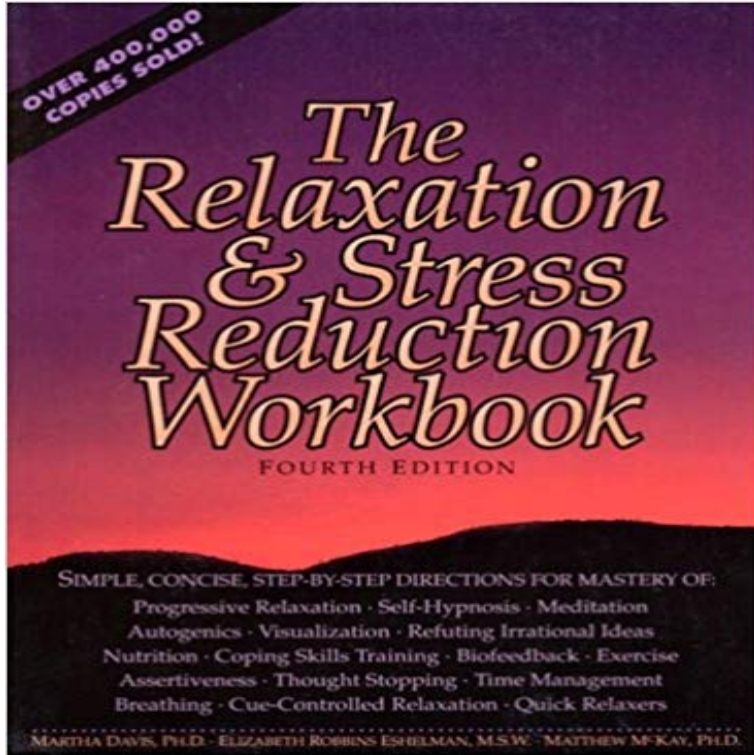


The Relaxation & Stress Reduction Workbook



This bestselling book details effective stress reduction methods such as breathing exercises, meditation, visualization, and time management. Widely recommended by therapists, nurses, and physicians throughout the U.S., this fourth edition has been substantially revised and updated to reflect current research. Line drawings and charts.

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