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Stress Management: From Basic Science to Better Practice

Wolfgang Linden

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Stress Management: From Basic Science to Better Practice examines documented pathways between stress and health and develops the scientific foundations for sound interventions. The book begins with a broad review of the term '*stress*' and its importance for health. The text then provides a critical examination of the elements of the stress process, extracts supporting research for a rationale of stress management and describes various stress management techniques and their effectiveness.

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