



THE
STRESS
SOLUTION

**AN ACTION PLAN
TO MANAGE
THE STRESS
IN YOUR LIFE**

**LYLE H. MILLER, Ph.D., and
ALMA DELL SMITH, Ph.D., ABPP,
with LARRY ROTHSTEIN, Ed.D.**

Discover new techniques to handle conflicts and ease tension • Choose diet, exercise and sleep habits that protect you • Learn simple exercises to soothe ailments caused by stress • Enlist the aid of friends, family and professionals to help manage stress

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