

# STRESS RELIEF EBOOK BUNDLE



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**Shasha Hu**



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**EBOOK Management** Judith Dwyer, Nicole Hopwood, 2015-03-06 EBOOK Management *The Stress Management Handbook* Lori Leyden-Rubenstein, 1999-02-01 An innovative guide provides an alternative approach to relieving the body of stress by focusing on the mind body and spirit and includes such methods as breath work yoga meditation visualization imagery and more

**Stress Relief for Disasters Great and Small** Georgia Witkin, PhD, 2009-08-18 This valuable prescriptive guide organized by timeline addresses such questions as How can we tell when the normal becomes abnormal When should we worry How do we know what's coming next Dr Witkin provides both strategies and support for the unique acute anxiety and chronic emotional and physical fallout that results from trauma whether caused by the events of 9/11 or the loss of a loved one She emphasizes that the process is the same for any type of disaster and spells out what she calls the sequence of recovery after disaster knowing what to do and what feelings to expect and when Most important Stress Relief includes more than 80 specific prescriptions to help you help yourself and others from day one to year one and beyond

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