



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

# Stress Solution

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