



## Women and Stress: Practical Ways to Manage Tension (Paperback)

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By Jean Lush

Baker Publishing Group, United States, 2011. Paperback. Book Condition: New. 175 x 107 mm. Language: English . Brand New Book. This popular book shows readers how to deal with stress that is unique to women in healthy, productive ways. It examines troublesome emotions and shows how to manage tension with practical, tried-and-true methods gained from research, personal experience, and enlightening case studies.



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