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First of all, it's all about stress! Stress is our natural state. Here's an example: think about a guy-wire on a tent. There is the weight of the tent pulling inward. There is the post, driven into the ground, using physics and earth energy to pull in the opposite direction. In between the two stretches ... Several short stories about stress Read More »

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Originally attainable on 1/1/2015 by Wadsworth Publishing, this copy of Stress Management For Life by Michael Olpin and Margie Hesson gives 432 pages of high-level instruction, which is 16 pages more than its prior version: Stress Management for Life 3rd Edition from 1/1/2012.

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