

## Managing Stress: Principles and Strategies for Health and Well-Being: Text w/ CD + Art of Peace and Relaxation Workbook Pkg

Brian Luke Seaward



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Referred to as the "authority on stress management" by students and professionals, Managing Stress, Sixth Edition, contains the most comprehensive approach honoring the integration, balance and harmony of mind, body, spirit and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual wellbeing by emphasizing the importance of mind-body-spirit unity. Every NEW text includes a Relaxation CD and a note-taking guide at no additional cost to your students!



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