

### The Relaxation & Stress Reduction Workbook

Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay



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**The Relaxation & Stress Reduction Workbook** Martha Davis, Elizabeth Robbins Eshelman, Matthew McKay

This bestselling book details effective stress reduction methods such as breathing exercises, meditation, visualization, and time management. Widely recommended by therapists, nurses, and physicians throughout the U.S., this fourth edition has been substantially revised and updated to reflect current research. Line drawings and charts.



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