



# The Stress Management Handbook: Strategies for Health and Inner Peace

*Lori A. Leyden-Rubenstein*

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*Lori A. Leyden-Rubenstein*

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Stress is linked to the six leading causes of death. The good news is that these all involve behaviour and lifestyle - things we can control and change. This text presents a proven programme for dealing with stress by gaining power over it.

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