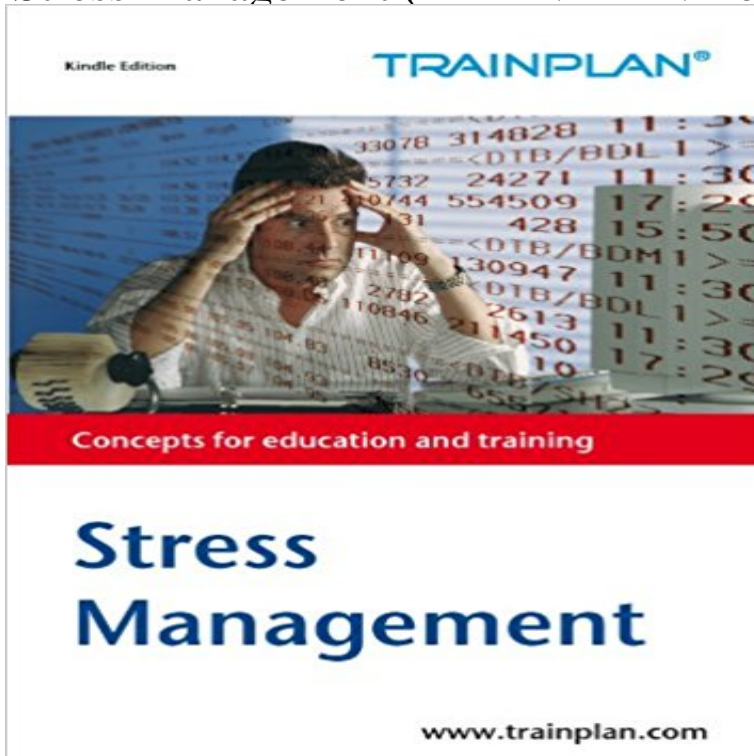


# Stress Management (TRAINPLAN Book 1)



Analysis, methods, and training for successfully coping with stress. Besides the stress term and mechanisms, the seminar encompasses all levels of stress reaction and stress analysis as well as various methods for conquering stress. It also includes a guideline to developing an individual stress-management program.

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