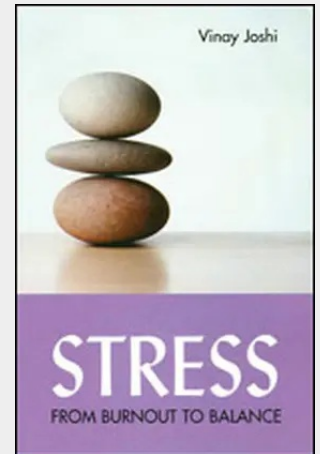


Joshi

Stress

From Burnout To Balance

Exploring the effects of physiological stress, this volume looks at ways to reduce these effects and to improve health overall. In addition to defining stress, the author discusses: personality types and temperaments; stress and reproduction; the immune system; depression; memory and stress; and ageing. He also provides practical tips on stress management techniques, including breathing exercises, massage and physical exercise.



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