



# Managing Stress: Principles and Strategies for Health and Wellbeing

*Brian Luke Seaward*

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**Managing Stress: Principles and Strategies for Health and Wellbeing** Brian Luke Seaward  
Seaward (Paramount Wellness Institute) has added a CD-ROM with positive affirmations and mental imagery exercises to this fourth edition of an undergraduate text. There is new material on the latest research in health psychology, psychoneuroimmunology, and holistic healing, and on the use of relaxat

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