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| [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)]  BIBLIOGRAPHY  Constable, George and Time-Life Books, *Managing Stress From Morning to Night*. Time-Life Books, Virginia, 1987.  Goliszek, Andrew G., *Breaking The Stress Habit*. Carolina Press, N. Carolina, 1987.  Norfork, Donald, *The Stress Factor.* Simon and Schulster, New York 1977.  Stress - What It Can Do To You and What You Can Do To Control It, http://www.earthmed.com/magazine\_article.asp?id=21, Life Enrichment Network, Inc.  Dotto, Lydia, *Losing Sleep: How Your Sleeping Habits Affect Your Life*. William Morrow and Co., New York, 1990  Freudenberger, Herbert, *Burn Out: The High Cost of High Achievement*, Anchor Press, New York, 1980  Kabat-Zinn, Jon, *Full Catastrophe Living*, Delacorte Press, New York, 1990  Stress UK � For all those interested in personal and occupational stress management  http://www.stress.org.uk  The Medical Basis of Stress, Depression, Anxiety, Sleep Problems, and Drug Use  http://www.teachhealth.com/#stressscale  THINK � Teenage Health Interactive Network  http://library.thinkquest.org/29500/ |