



Stress: From Burnout to Balance

By Vinay Joshi

Sage Publications, New Delhi, India, 2005. Paperback. Book Condition: New. First Edition. 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. Printed Pages: 209.



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