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# STRESS MANAGEMENT: AN INTEGRATED APPROACH



2016. Hardcover. Book Condition: New. 119 ABOUT THE BOOK:- This book brings to the reader, all the knowledge required to identify and manage stress. This book covers all the techniques known for identifying and managing stress in an integrated manner, such as positive thinking, exercises, relaxation, laughter, playing with children, travel, yoga, meditation and prayer, making the knowledge complete. Initial chapters deal with the nature and mechanisms of stress. The middle portion deals with the effects of stress on the...

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- Authored by Dr. Viswanathan Gopalan
- · Released at -



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