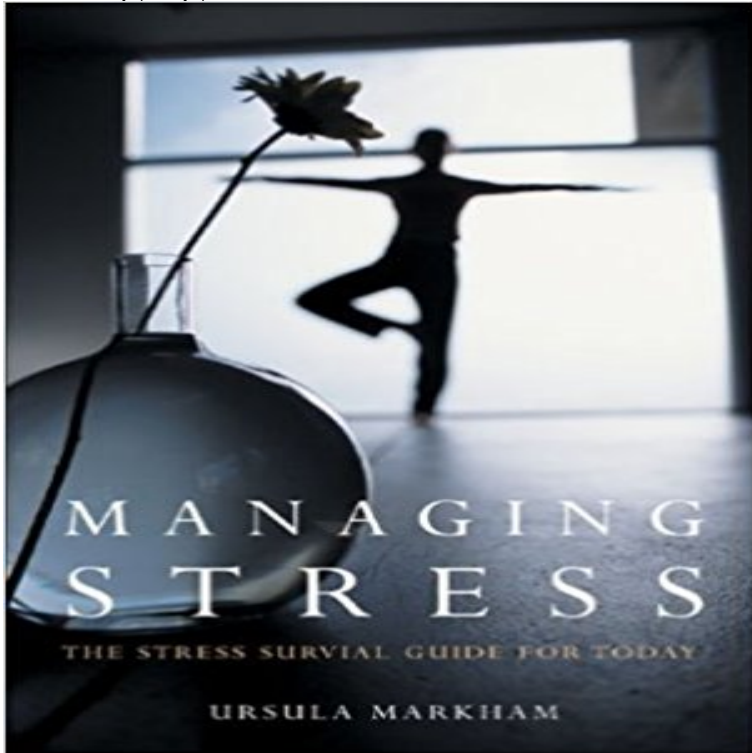


## Managing Stress: The Stress Survival Guide for Today



The role stress plays in hypertension, asthma, insomnia, nightmares, overeating, digestive problems, relationship issues and possibly even cancer has been well documented. Controlling that daily stress is one of the most important ways we can safeguard our health. These pages provide that critical information, including quizzes and charts to assess stress levels; also ways to recognize the hidden sources of stress, and an assortment of fun and effective stress-busting exercises and mental relaxation techniques, as well as simple lifestyle changes and dietary tips that can really make a difference. There's also a special section addressing the particular concerns of women in the workplace and a number of easily-implemented ways to actually turn stress from a deadly killer into a positive, energizing force.

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