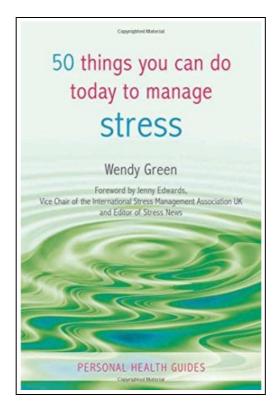
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Summersdale Publishers, United Kingdom, 2012. Paperback. Condition: New. Language: English. Brand New Book. Are you one of the 12 million people in the UK regularly affected by stress? In this reassuring and easy-to-follow book, find out 50 things you can do today to help you manage stress, such as identifying your stress triggers and learning how to manage them, choosing beneficial foods and supplements, and reducing stress through aromatherapy and therapeutic massage. This title is presented with a foreword by Jenny Edwards, Vice Chair of the International Stress Management Association UK and Editor of Stress News.



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