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NU Day Perspectives, United States, 2014. Paperback Book Condition: New. 254 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****. This companion to the bestselling book The Biology of Beating Stress details easy, step-by-step techniques for restoring calm to body and mind in our highly overstimulated world. It will easily become the go-to source for stress reduction strategies that can easily be incorporated into even the busiest lives. This play book contains powerful stress management tools...

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- Authored by Jeanne Ricks Chc
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