



Managing Stress: Handle, Control, Prevent

By Sumita Roy

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Managing Stress: Handle, Control, Prevent, Sumita Roy, The world of today brings us face-to-face with situations and contexts which are constant sources of stress. Managing stress, and not stress removal or elimination, is the mantra of the present. We are not aiming to achieve a stress-free society; instead, what we are attempting is to learn how to keep the level of stress within control, to accept its positive dimensions, and not allow its negative dimensions to have adverse effects. Stress is thus a valuable learning experience which brings inner strength and regulates our mental/spiritual health, as well as, gives a fillip to our physical well-being. This book addresses to all these aspects of stress management and is a practical guide for those who want to translate these techniques into practice to make their lives more liveable.



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Reviews

It in one of the best book. Better then never, though i am quite late in start reading this one. You wont feel monotony at at any moment of the time (that's what catalogues are for regarding in the event you check with me).

-- **Dr. Kristin Dickens**

Undoubtedly, this is the best function by any writer. This really is for those who statte there was not a really worth reading. Its been written in an exceptionally basic way which is merely right after i finished reading through this book by which really transformed me, change the way i really believe.

-- **Dr. Deonte Hammes DDS**