

**The Stress Management Workbook: A Teach Yourself
Guide (Teach Yourself: Relationships & Self-Help)
By Lynne Van Brakel**

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The Stress Management Workbook: A Teach Yourself Guide. Lynne Van Brakel.
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The Relaxation And Stress Reduction Workbook, 5th -

The Relaxation and Stress Reduction Workbook [Martha Davis, I am a university instructor of stress management education, and this is the textbook I use.

<http://www.amazon.com/The-Relaxation-Stress-Reduction-Workbook/dp/1567310753>

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<http://www.amazon.co.uk/The-Stress-Management-Workbook-Relationships-x/sim/1471801799/2>

Bibliography of Alumnae Authors | Archives -

Handbook on Stress Management for Lawyers. Getting Help: A Woman's Guide to Therapy. Grooming Your Horse/Teach Yourself to Ride. A.S. Barnes,

<http://archives.barnard.edu/barnard-history/alumnae-authors>

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Stress Management Skills Training Course: The Stress Management Workbook: A Teach Yourself Guide. Lynne Van Brakel.

<http://www.amazon.it/Stress-Management-Skills-Training-Course/dp/1849370028>

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Lynne Van Brakel

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Cognitive-Behavioral Stress Management: Workbook -

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Workbook (eBook - 1) Pub. Date: 8/10/2007 Publisher: Oxford University Press

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<http://www.ncbi.nlm.nih.gov/pubmed/23212928>

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Stress Worksheets | Therapist Aid -

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<http://www.therapistaid.com/therapy-worksheets/stress/none>

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The Stress Management Workbook: A guide to and a whole-life approach along with self-assessment and interactive tasks to help Lynne van Brakel has been

<http://www.barnesandnoble.com/w/the-stress-management-workbook-lynne-van-brakel/1122054398?ean=9781471801792>

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