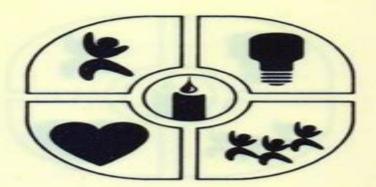
STRUCTURED EXERCISES in STRESS MANAGEMENT

A WHOLE PERSON" HANDBOOK FOR TRAINERS, EDUCATORS AND GROUP LEADERS

VOLUME 3

edited by Nancy Loving Tubesing, EdD and Donald A Tubesing, MDiv, PhD



Whole Person Press

Structured Exercises In Stress Management

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