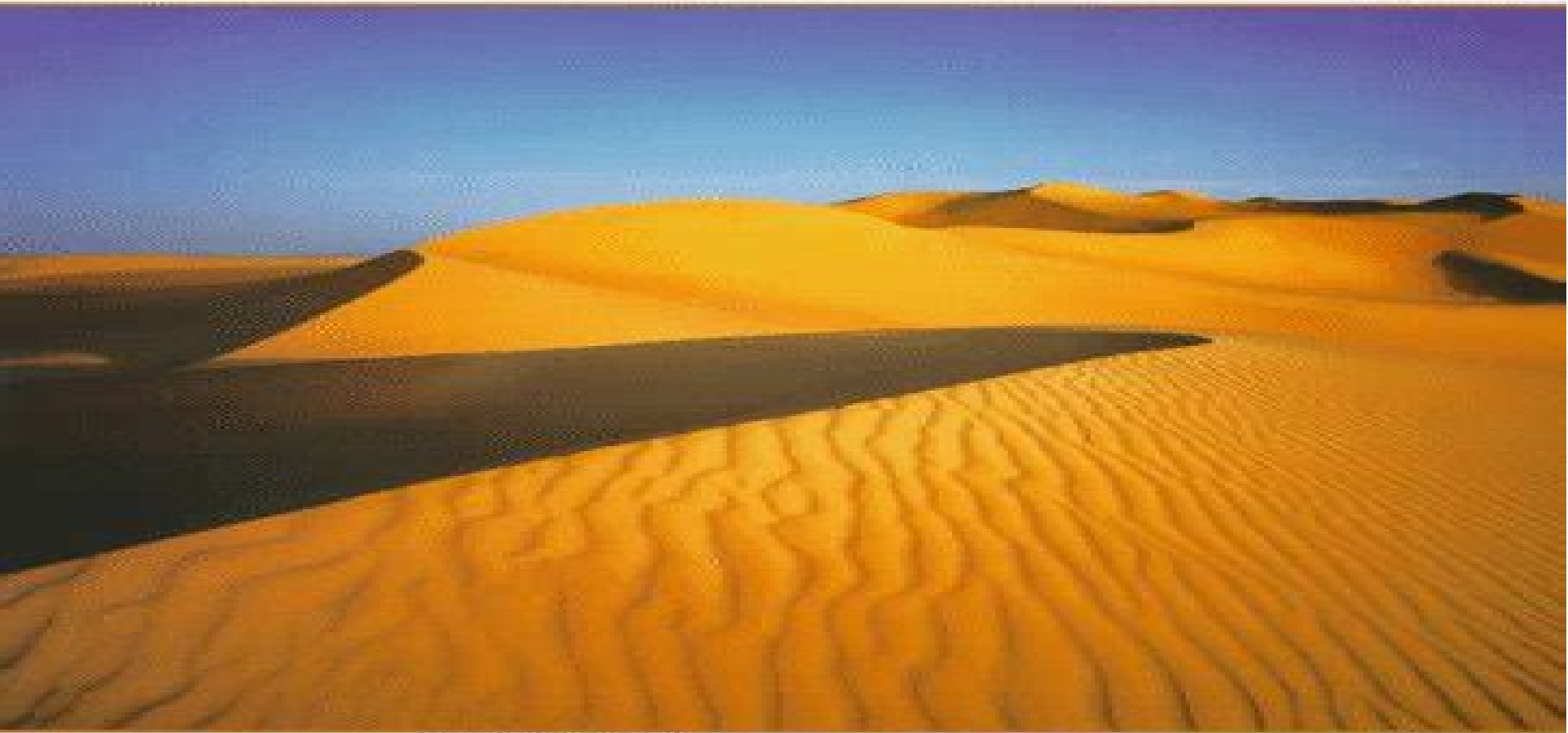


# *Stress Management*

PSYCHOLOGICAL FOUNDATIONS



*Stephen M. Auerbach · Sandra E. Gramling*

# Stress Management Psychological Foundations

**David Kirk**



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