

STRESS, SANITY, & SURVIVAL

**HOW TO
STOP MAKING
IMPOSSIBLE
DEMANDS
ON YOURSELF**

**HOW TO
DEVELOP THE
THREE KNOWN,
PROVEN ANTIDOTES
TO STRESS**

**HOW TO RECOGNIZE
THE CAUSES OF STRESS**

**GUIDELINES FOR MAINTAINING A
LOW-STRESS LIFE-STYLE**

**ROBERT L. WOOLFOLK, Ph.D.,
FRANK C. RICHARDSON, Ph.D.**

Stress Sanity And Survival

RC Schank



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