

The Sensible Sourcebook!

# Smart Guide<sup>™</sup> to Relieving Stress

Quick & Easy  
Strategies  
for Minimizing  
Stress and  
Tension

*Smart Strategies* for managing your primary sources of stress, from financial and career challenges to family and relationship issues.

*Smart Tips* on breaking old, tension-loading habits and replacing them with proven relaxation techniques.

*Smart Advice* on all stress-relief options—from acupuncture and aromatherapy to music therapy and meditation.

**Carol Bodger**



# Smart Guide To Relieving Stress

**Daniel F McAuley**



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