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STOP THE STRESS HABIT: CHANGE YOUR PERCEPTIONS AND IMPROVE YOUR HEALTH (PAPERBACK)

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.With the guidance provided in Stop the Stress Habit, learn to change how you respond to events in your life and reduce the amount of stress you experience on a daily basis. Through her observations of patients behavior, physical therapist, Leslie Torburn, DPT, has witnessed the many ways chronic stress can impact health. She provides innovative concepts and practice exercises that will teach...

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- Authored by Dr Leslie Torburn
- Released at 2008



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