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Título: Stress Management. - From Basic Science To Better Practice. -

Autor: Linden , Wolfgang.

Precio: \$610.00

Editorial:

Año: 2005

Tema:

Edición:

Sinopsis

ISBN: 0761929460

"STRESS MANAGEMENT..." EXAMINES DOCUMENTED PATHWAYS BETWEEN STRESS AND HEALTH AND DEVELOPS THE SCIENTIF FOUNDATIONS FOR SOUND INTERVENTIONS.