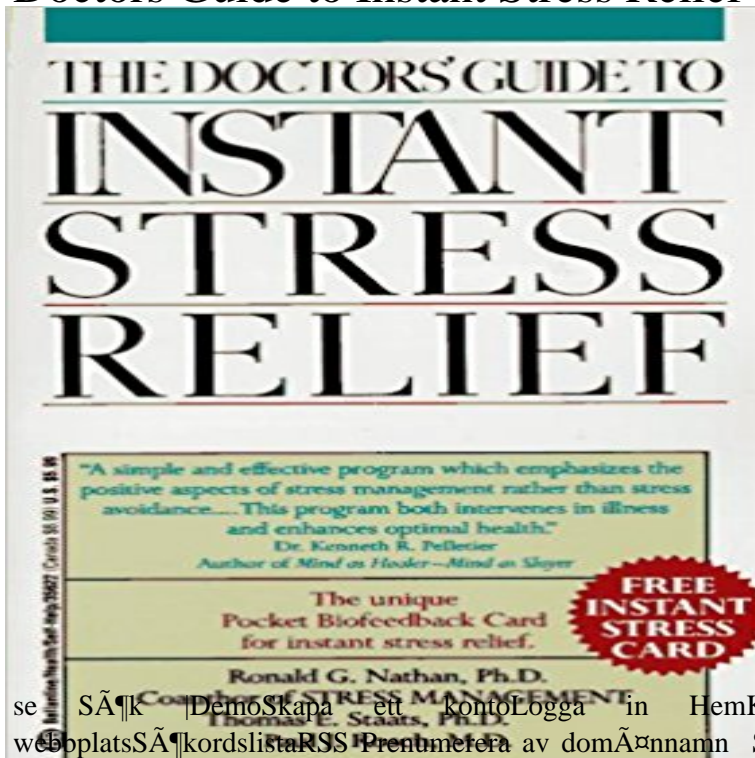


Doctors Guide to Instant Stress Relief



Finally, here is a practical, specific, easy-to-use program that offers instant relief from physical, mental, and situational stress. Whatever your age, whatever your lifestyle, this guide can contribute to increased productivity on the job and to dramatic improvements in your physical health and your emotional well-being. Inside, you'll find: A complete checklist of stress symptoms; An informative Seven-Minute Stress Test; A guide to relaxation techniques and assertiveness training, and so much more.

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