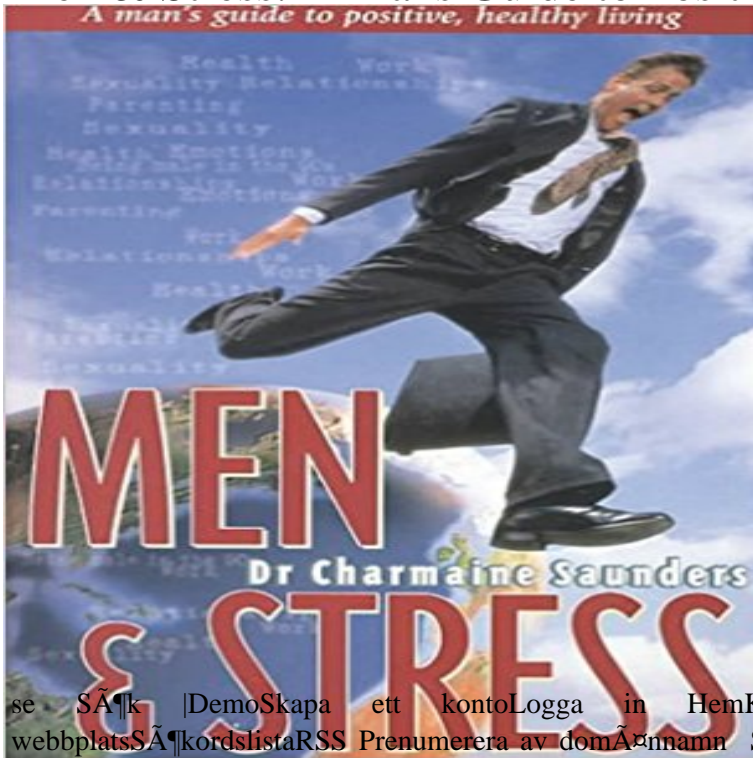


Men & Stress: A Mans Guide to Positive Healthy Living



Being a man in the 1990s is a dangerous occupation. Men are stressed -- more than ever before. Constant and unending changes are happening in the workplace, the home, and within relationships -- the pressures are higher and the competition tougher. Charmaine Saunders examines the most common causes and effects of anxiety and tension on men, and offers strategies for dealing with them. Recognize the warning signs and identify your stress traps. Good stress management is good life management.

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