

## **The Stress Less Workbook Simple Strategies To Relieve Pressure Manage Commitments And Minimize Conflicts Guilford Self Help Workbook**

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ence of stress and anxiety in their lives—whether it's to help treat or prevent a medical or psychological problem or just improve your quality of life. Given my interest in and love of this work, and the extraordinary training and experience I've been so fortunate to have as a clinician and a scientist, writing The Stress Less Workbook

## **D © 2012 The Guilford Press**

Stress is a feeling of being tense, overwhelmed, worn out, or exhausted. A small amount of stress can be motivating, but too much stress makes even small tasks seem daunting. Sometimes stress is the accumulation of many small hassles, while other times it is the result of major life changes or long-term problems...

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