

**Judul:**

Comprehensive stress management

**Pengarang/Penulis:**

Greenberg, Jerrold S., author

**Subjek:**

Stress (Psychology); Stress (Physiology); Stress (Psychology) --  
Prevention; Stress management

**Nomor Panggil:**

155.904 2 GRE c

**Penerbitan:**

McGraw-Hill

**Link Terkait:**

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