



# **The Stress and Relaxation Handbook: A Practical Guide to Self-Help Techniques (Positive health)**

*Jane Madders*

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## **The Stress and Relaxation Handbook: A Practical Guide to Self-Help Techniques (Positive health)**

Jane Madders

An illustrated guide to relaxation techniques for everyday situations such as driving, working at an office desk and speaking on the telephone. The book also addresses specific problems such as insomnia, migraine and period pain.

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