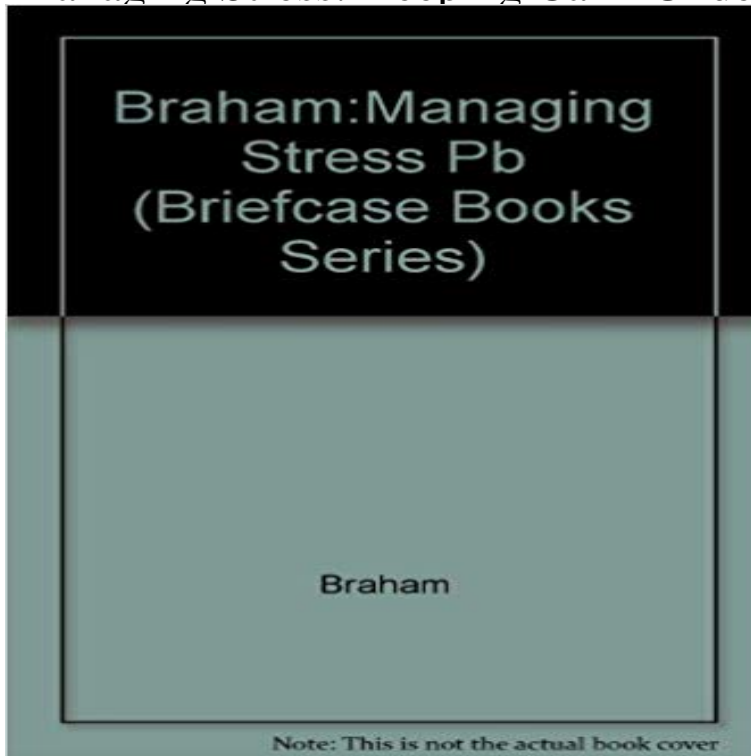


Managing Stress: Keeping Calm Under Fire (Briefcase Books Series)



Managing Stress offers useful alternatives that help reduce stress, including how to let it flow into more productive responses. This guide offers tips for learning how to say no, and provides the authors tested way to respond to stress by using the CALM approach: C--Change the things you can; A--Accept the things you cant change; L--Let go; M--Manage your lifestyle.

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