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RAW COPING POWER: FROM STRESS TO THRIVING (PAPERBACK)



Owls, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Raw Coping Power: From Stress to Thriving (in life and business) explores new ways to address the growing problem of stress in society and the workplace. It is both a practical guidebook and resource for anyone interested in mastering stress, including individuals, groups, workplaces, and those who serve them (such as coaches, counselors, trainers, and therapists). Each individual...

Read PDF Raw Coping Power: From Stress to Thriving (Paperback)

- Authored by Joel B Bennett PhD
- Released at 2014



Reviews

I just started off looking over this ebook. It is actually loaded with wisdom and knowledge Its been developed in an remarkably simple way in fact it is simply after i finished reading through this book where basically modified me, modify the way i believe.

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