

# 10 Steps to *Mastering* STRESS

*Updated Edition*



## A Lifestyle Approach

- Learn to reduce stress and improve wellbeing
- Easy-to-follow, streamlined program
- Practical step-by-step techniques
- Scientifically developed and tested

DAVID H. BARLOW, PhD, RONALD M. RAPEE, PhD, SARAH PERINT, MA

# Mastering Streb A Lifestyle Approach

**D Siedentop**

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