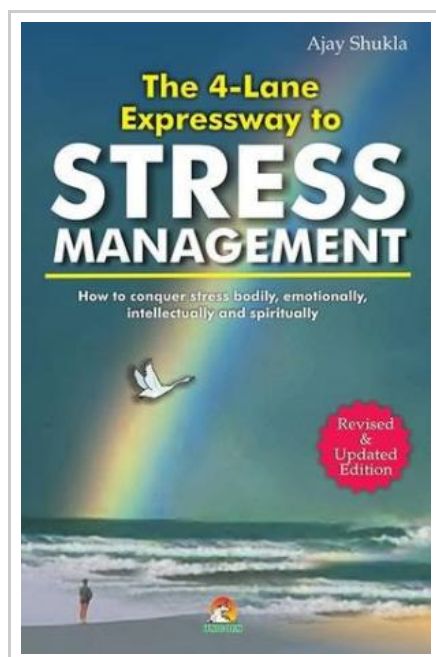




THE 4 LANE EXPRESSWAY TO STRESS MANAGEMENT

By AJAY SHUKLA

Unicorn Books, 2003. Paperback. Book Condition: New. This book deals with Stress Management in a holistic and comprehensive manner, tracing its origin and evolution in humans, and its adverse effects. It outlines ways to manage stress in its four components ù body, intellect, emotions and philosophy. The book beautifully incorporates science, medicine, psychology and philosophy within its pages, making the subjects easy to comprehend. Moreover, there are practical guidelines on how to be happy, with relevant insights from the Bhagavad Gita.



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