

Stress and Relaxation : Self-help Ways to Cope with Stress and Relieve Nervous Tension, Ulcers, Insomnia, Migraine and High Blood Pressure, 1979, Madders, Jane, 0138526990, 9780138526993, Prentice-Hall of Canada, 1979

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Teach Yourself Relaxation , Richard Craze, Jan 1, 1998, Self-Help, 192 pages. More than 60 years ago, the Teach Yourself series made its debut with titles such as Teach Yourself Flying, Teach Yourself Embroidery, and Teach Yourself Good English. Today.

The Ultimate Power , David Grant, Feb 1, 2008, Religion, 192 pages. Grant shares 12 steps to become a healthy, loving person, which is the key to a rewarding relationship--both personal and professional. His design for experiencing and.

Managing Stress , David Fontana, 1989, Business & Economics, 114 pages. This book sets out to show how, by identifying the precise causes of stress and by developing appropriate responses to them both at professional and personal levels, the.

Overcoming Stress , Lee Brosan, Leonora Brosan, 2009, Cognitive therapy, 362 pages. .

Life's Little Relaxation Book 300 of the Very Best Ways to Relax, Steven M. Selzer, Oct 1, 1993, Relaxation, 160 pages. A guide to relaxation features three hundred illustrated ideas for relaxing, including taking the scenic route home and avoiding rush hour traffic, investing in soft moccasins.

Quick Fix Your Sex Life , Judith Verity, 2000, Self-Help, 188 pages. Ten minutes a day is enough to liven up your sex life. And if you spend any longer than that on the theory, it's only going to eat into your practice time..

One Night with You , Shiloh Walker, May 9, 2007, Fiction, . One Night with You Shiloh Walker Logan knew from the first time he saw Bo Martin that she was the one for him. They were just teenagers then, but he knew. He spent years quietly.

Your complete stress-proofing programme how to protect yourself against the ill-effects of stress : including relaxation and meditation techniques, Leon Chaitow, Aug 9, 1984, Health & Fitness, 128 pages. .

The Art of Relaxation , Herman S. Schwartz, 1954, Fatigue, 212 pages. .

9 Lies That Are Holding Your Business Back...and the Truth That Will Set It Free: Easyread Super Large 24pt Edition, Steve Chandler, Dec 18, 2008, Business & Economics, 492 pages. .

Zero Degrees of Empathy A New Theory of Human Cruelty, Simon Baron-Cohen, Dec 21, 2011, Science, 190 pages. Simon Baron-Cohen, expert in autism and developmental psychopathology, has always wanted to isolate and understand the factors that cause people to treat others as if they were.

Relaxation , Nitya Lacroix, 1998, Self-Help, 72 pages. Describes such relaxation techniques as stretching, breath awareness, massage, thinking positively, sleeping well, eating well, making the most of leisure time, and creating a.

Relaxation modern techniques for stress management, Sandra Horn, May 8, 1986, Self-Help, 112 pages. .

The Stress and Relaxation Handbook A Practical Guide to Self-Help Techniques, Jane Madders, 1997, Body, Mind & Spirit, 141 pages. 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.

The Effect of Music and Imagery to Induce Relaxation and Reduce Nausea and Emesis in Cancer Patients Undergoing Chemotherapy Treatment , Maria Montserrat Gimeno i Domenech, 2008, , 208 pages. The purpose of this study was to investigate the effects of music and imagery versus imagery only interventions on inducing relaxation and reducing nausea and emesis in cancer.

Stress and relaxation , Leslie Kenton, 1986, Psychology, 127 pages. .

Into the Green , Charles de Lint, Oct 5, 2001, Fiction, 254 pages. Accepting a gift of a magical harp from Jacky Lantern's fey kin, Angharad follows the wandering ways of bardic life, using her music to awaken the Summerblood magic throughoutRichard III , , 2007, Comics & Graphic Novels, 208 pages. Illustrated by leading UK manga artists, this series feeds into the growing popularity of manga worldwide, and presents Shakespeare's classic works in a highly visual and download Stress and Relaxation : Self-help Ways to Cope with Stress and Relieve Nervous Tension, Ulcers, Insomnia, Migraine and High Blood Pressure The New Clay Techniques and Approaches to Jewelry Making, Nan Roche, 1991, Art, 144 pages. Easy techniques for making jewelry and sculpture from polymer clay (Fimo, Sculpey)

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Adobe Fireworks CS5 Classroom in a Book , Adobe Creative Team, Jun 23, 2010, Computers, 336 pages. This is the eBook version of the printed book. Those creative professionals seeking the fastest, easiest, most comprehensive way to learn Adobe Fireworks CS5 choose Adobe Encyclopedia of public international law, Volume 5 , Rudolf Bernhardt, Peter Macalister-Smith, Max-Planck-Institut für Ausländisches Öffentliches Recht und Völkerrecht, 2003, Law, 276 pages The Custodian from the Black Lagoon , Mike Thaler, 2001, Juvenile Fiction, 32 pages. After relating all of the horrible things the school custodian, Fester Smudge, is known to have done, a student whose locker won't open needs Mr. Smudge's help. Original Madders, Jane Dirk Pitt must fight another perilous battle in Clive Cussler's Atlantis Found. An ancient cargo long thought lost is found. With terrible consequences . . . Dirk Pitt is. This book presents a review of what is presently known on body image. It compares the effects of gender, sexuality, social class, age and ethnicity on satisfaction with the way.

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Tibetan Relaxation Kum Nye Massage and Movement, Tarthang Tulku, May 1, 2003, Health & Fitness, 144 pages. Presents more than seventy exercises--from deep stretching and sitting postures, to breathing techniques and body self-massage--adapted for Western lifestyles from the TibetanFrom Kabul to Baghdad and Back The U.S. at War in Afghanistan and Iraq, John Ballard, David Lamm, John Wood, Oct 12, 2012, History, 384 pages. These experts in the field challenge commonly held views about the success of the global war on terrorism and its campaign in Afghanistan. Their book questions some Light & Truth Or, Bible Thoughts & Themes. The Gospels, Horatius Bonar, 1881, Bible, 422 pages Fifteen screenwriters talk about their careers, blacklisting, and censorship, and share their impressions of actors, actresses, directors, producers, and other writers. "This is Jude Deveraux at her most pleasurable," hailed Booklist in praise of her powerful bestseller Forever....Now Deveraux brings back her gifted heroine, Darci Monroe, in a. иГД»»иБ...иЇеЋК:з%ооNоЙ#ЊеГГж<%ооГЪ,.

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Boris Gets a Lizard , Andrew Joyner, May 28, 2013, Juvenile Fiction, 73 pages. Boris has a lot of pets, but what he really wants is a Komodo dragon, so he comes up with a plan--and invites his class to come and see his lizard

Nursing Administration in the 21st Century A Self-Care Theory Approach, Sarah E. Allison, Katherine E. McLaughlin-Renpenning, Nov 12, 1998, Medical, 320 pages. This book seeks to define nursing at a management or administrative level. Using the widely regarded Orem self-care deficit model to provide a nursing focus, the authors
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Frederick Billings was the first lawyer to hang his shingle in San Francisco, the man who named the city of Berkeley, and an instrumental figure in founding the University 0138526990, 9780138526993
Charles Tiger , Houghton Mifflin Company, May 1, 1990, Animals, 24 pages. As Charles Tiger looks for his lost roar he encounters many animal friends
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Youth and Alcohol A National Survey, Drinking Habits, Access, Attitudes, and Knowledge, DIANE Publishing Company, Nov 1, 1995, , 44 pages. Presents the findings of a national survey of junior and senior high school (7th through 12th grade) students to determine their knowledge about alcoholic and non-alcoholic
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Conversations with Anaïs Nin , Wendy M. DuBow, Jan 1, 1994, Biography & Autobiography, 254 pages. Largely ignored by mainstream audiences for the first thirty years of her career, Anais Nin (1903-1977) finally came into her own with the publication of the first part of her *História de Portugal: Do 28 de Maio ao Estado Novo (1926-1935)* , Joaquim Veríssimo Serrão, 2001, History

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Many infallible proofs the evidences of Christianity, Arthur Tappan Pierson, 1885, Apologetics, 317 pages
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15 Realistic Tests for the SAT Subject Test Math Level 2: Up to Date and True to Life With 3 Fully Solved Bonus Tests, Rusen Meylani, Apr 17, 2010, Study Aids, 322 pages. MORE TESTS THAN ANY OTHER BOOK! This book contains 18 full-length model practice tests that simulate the real-life SAT Math Level 2 test and reflect the latest question types

Caring, a Feminine Approach to Ethics & Moral Education , Nel Noddings, 1984, Philosophy, 216 pages. Examines the nature of practical ethics from the point of view of the mother and argues that caring is the basis of morality

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Luke AFB prenatal handbook , Diane Musselwhite, Luke Air Force Base (Ariz.), 1989, Health & Fitness, 135 pages
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