



Luchar contra el estrés en 10 puntos (Spanish Edition)

Camille Levy

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El estrés no es una fatalidad. La lucha contra sus efectos más nefastos depende, sobre todo, de un estado de ánimo, de una higiene de vida y de una vigilancia constante. Esta obra aborda 10 puntos que permiten, fácil y rápidamente, limitar sus incidencias en nuestra vida diaria.

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