

Ronald G. Nathan, Ph.D.
co-author of *Stress Management* and
The Doctors' Guide to Instant Stress Relief
and **Marian R. Stuart, Ph.D.**

Coping with the Stressed-Out People in Your Life

"Much of the stress in our lives stems from personal relationships. This book is a valuable guide that will teach you how to recognize stress in family, friends, customers, and co-workers and, more important, how to deal with their stress effectively."

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