



# **The Relaxation & Stress Reduction Workbook: Sixth Edition (Paperback) - Common**

*By (author) Elizabeth Robbins Eshelman, By (author) Matthew McKay, By (author) Patrick Fanning By  
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*By (author) Elizabeth Robbins Eshelman, By (author) Matthew McKay, By (author) Patrick Fanning By (author) Martha Davis*

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This workbook teaches you clinically proven stress-management and relaxation techniques. Each technique is presented with concise background information followed by step-by-step exercises. As you practice these techniques, you will gain new insigh...

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