

**How To Beat Stress: Relaxation And Stress Reduction
Without Medication By James Christiansen**

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develop feelings of anxiety, depression, weakness, fatigue, Relaxation techniques. Audiotapes that teach deep breathing or visualization can help reduce stress.

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How to Beat Stress. In an Oklahoma State University study, those who combined sauna use with group counseling had greater stress relief, feelings of relaxation,

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Social support helps reduce stress but even more if the support is from a way of referring to problems and eliciting sympathy without being explicitly

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heart disease is the result of the to reduction of cardiovascular disease but may raise of carotid artery disease. Relaxation

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