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Sommario/riassunto	StressFitness, Vol. I presents Dr. Emmett Miller in a stimulating conversational format, sharing the insights from his pioneering work in stress management. In Heart-to-Heart style, he provides an understandable explanation of how stress functions in your life. Learn why the skills of Selective Awareness have life-long value for managing stress, relieving pain and other symptoms, healing and recovery. You can change unwanted habits and foster true self-esteem.