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## Stress

Smith, Mike, author Deskripsi Lengkap: https://lib.ui.ac.id/detail?id=9999920552136&lokasi=lokal

Abstrak

As a broadcaster and medical columnist, Dr Smith receives many letters each year, asking questions about coping with stress, and in this book he sets out to answer the most common ones. In doing so, he offers advice, information and reassurance.