

# **Cognitive-Behavioral Stress Management: Workbook (Treatments That Work) By Michael H. Antoni**

**By Michael H. Antoni**

## **OUP: Antoni: Cognitive- Behavioral Stress -**

Cognitive-Behavioral Stress Management: Workbook. Michael H. Antoni, OUP USA Treatments That Work. 144 pages

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## **Department of Psychology - Michael H. Antoni, -**

Michael H. Antoni , Ph.D. Professor Cognitive behavioral stress management effects on psychosocial and physiological adaptation in women undergoing treatment for

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