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HOW TO LICK EXECUTIVE STRESS

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AND STAY IN TOP EMOTIONAL AND PHYSICAL TRIM

- Here are the secrets that successful men use to achieve and maintain winning physical condition and mental potency.
- Here are the methods used by business leaders in organizing their personal lives into effective success patterns.

Robert Collier Page, M.D., F.A.C.P.

International Medical Consultant to Government and Industry. Formerly General Medical Director of Standard Oil Co. (N.J.) and author of *It Pays To Be Healthy*.

How To Lick Executive Stress

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devoted to the diseases of adaptation in animals Another section focuses on the shift in adenohypophyseal activity and catatonic hormones The book can provide useful information to scientists doctors students and researchers Health Education Marion C. Chafetz,1981-06-30 Summary 1197 entries to books dealing with current topics of disease prevention and health promotion Intended for layman and health personnel Covers specific areas of aging alcoholism and drug abuse fitness and exercise nutrition women s health health education environment industry and mental health Each entry gives bibliographic information and annotation Author index Commission on the Organization of the Government for the Conduct of Foreign Policy United States. Commission on the Organization of the Government for the Conduct of Foreign

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