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Controlling stress and tension by Daniel Girdano, George S. Everly, Dorothy E. Dusek, February 25, 2008, Benjamin Cummings edition, Paperback in English - 8th Controlling Stress and Tension (8th Edition) (February 25, 2008 edition) | Open Library

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The Eighth Edition has been streamlined to make it more readable, useable, and relevant to the student. Cutting edge information, especially in the areas of emotional, relationship, and psychological stress, have been added.Girdano, Daniel is the author of 'Controlling Stress and Tension', published 2008 under ISBN 9780321537027 and ISBN 0321537025.

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Acknowledged authors Daniel Girdano , Dorothy E. Dusek , George S. Everly Jr. wrote Controlling Stress and Tension (9th Edition) comprising 448 pages back in 2012. Textbook and eTextbook are published under ISBN 0321788494 and 9780321788498. Since then Controlling Stress and Tension (9th Edition) textbook was available to sell back to BooksRun online for the top buyback price of \$ 32.92 or ...

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