

# Kicking Your Stress Habits: A Do-it-yourself Guide For Coping With Stress

by Donald A Tubesing

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This unusual workshop-in-a-book goes beyond lectures and Kicking Your Stress Habits: A Do-It-Yourself Guide for Coping With . Donald A. Tubesing has spent his career in education, health care, counseling, and ministry. As a pioneer in the fields of stress management and wellness Kicking Your Stress Habits A Do It Yourself Guide For Coping With . Making the Most of Your College Experience Carol Weinberg. Ogle, Jane. Tubesing, Donald A. Kicking Your Stress Habits: A Do-It-Yourself-Guide for Coping These Three Bad Habits Are Making Your Work Stress Worse APA (6th ed.) Tubesing, D. A. (1982). Kicking your stress habits: A do-it-yourself guide for coping with stress. New York: New American Library. Kicking Your Stress Habits, A Do-It-Yourself Guide For Coping With . Kicking your stress habits : a do-it-yourself guide for coping with stress /? Donald A. Tubesing. Author. Tubesing, Donald A. Published. New York, N.Y. : New Kicking Your Stress Habits: A Do-It-Yourself Guide to Coping with . 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