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Jerrold S. Greenberg is a master in his field in the sense that he has a doctorate degree. I would expect a stuffy approach to stress management broken down into several boring subcategories, but in this aspect, I wa It is nearly impossible to rate a textbook fairly, but I intend to do my best here.

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ISBN-13: 978-0073529721 [PDF eBook  
eTextbook] 480 pages Publisher:  
McGraw-Hill Education; 13 edition  
(September 5, 2012) Language: English  
ISBN-10: 0073529729 ISBN-13:  
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