

# Detail Report

**Call Number** : 155.9042 M394  
**Type of Document** : **Monograph (Book)**  
**Language of Doc.** : EN  
**Title** : **Mastering Stress**  
**Subject Area** : PSYCHOLOGY  
**Subject Headings** : -- RELAXATION -- STRESS RELIEF -- PSCHOLOGY

**Item Information :**

Item	Barcode	Status	Due Date	Location	Media Type
1	Cd1929	--	--		CD-ROM

---

[Next Record] [Return to Summary] [New Search] [Previous record] [\[Print\]](#)

---