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70. The reticular activating system (RAS) is the part of the brain where the world outside, and thoughts and feelings inside, meet. True False

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Comprehensive Stress Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress.

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Comprehensive Stress Management, 13th edition COURSE DESCRIPTION: A practical and hands on class that will help to provide the tools and build the skills needed to manage or reduce stress. Comprehensive stress reduction programming for each individual based on numerous tools and techniques.

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Jerrold Greenberg is the author of 'Comprehensive Stress Management', published 2012 under ISBN 9780073529721 and ISBN 0073529729.

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