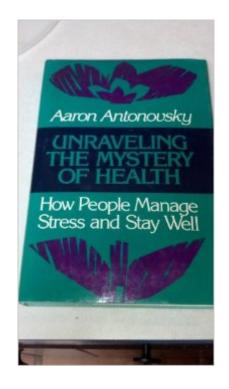
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Unraveling The Mystery Of Health: How People Manage Stress And Stay Well (Jossey Bass Social And Behavioral Science Series)





Synopsis

Important study.

Book Information

Series: Jossey Bass Social and Behavioral Science Series Hardcover: 238 pages Publisher: Jossey-Bass; 1st edition (February 27, 1987) Language: English ISBN-10: 1555420281 ISBN-13: 978-1555420284 Product Dimensions: 0.8 x 6.5 x 9.5 inches Shipping Weight: 1 pounds Average Customer Review: 2.0 out of 5 stars Â See all reviews (1 customer review) Best Sellers Rank: #2,195,646 in Books (See Top 100 in Books) #71 in Books > Health, Fitness & Dieting > Psychology & Counseling > Medicine & Psychology #4080 in Books > Medical Books > Psychology > Social Psychology & Interactions #4925 in Books > Health, Fitness & Dieting > Psychology & Counseling > Social Psychology & Interactions

Customer Reviews

Antonovsky is too focused on a few ideas to make a significant contribution to a scientific understanding of an extremely complex state of mind (stress).

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