

Instructor's ToolKit to accompany

Managing Stress

Principles and Strategies for Health and Well-Being

Fifth Edition Brian Luke Seaward



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Installation Instructions

Windows® 98/2000/NT/XP

Run D:\Setup.exe where D:\ is your CD-ROM drive.

Note: If Autorun is enabled, an installation menu will appear automatically.

Macintosh®

No installation necessary.

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