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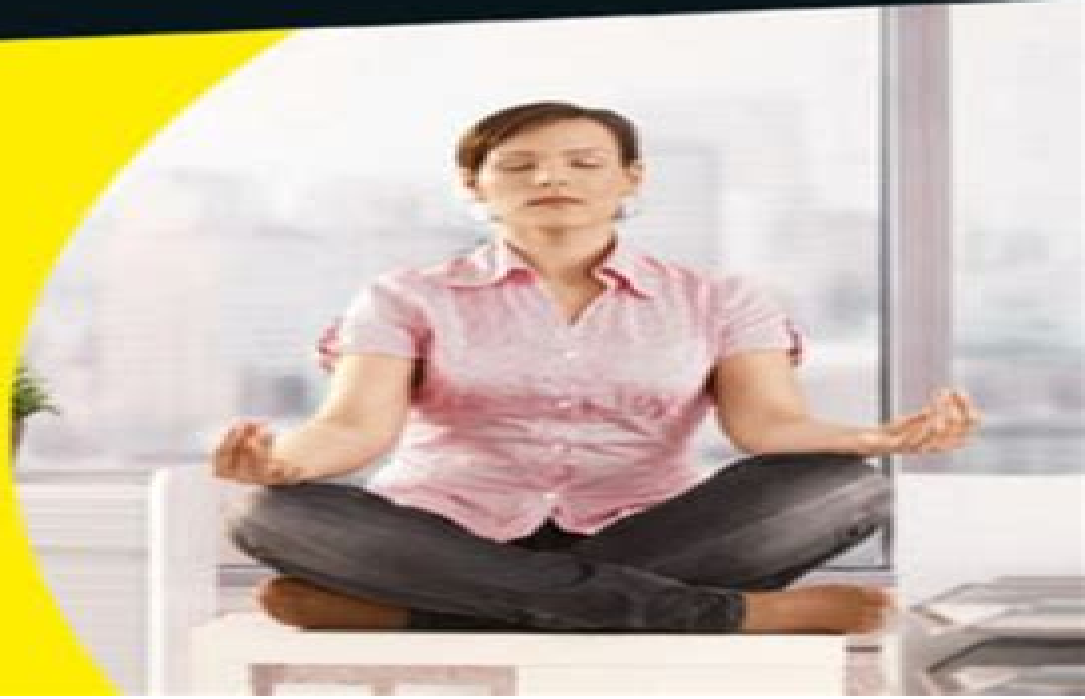
# **Erfolgreiches Stressmanagement**

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## **Auf einen Blick:**

- Mit Stress umgehen lernen
- Das eigene Stresslevel bestimmen
- Entspannungsübungen schnell lernen und anwenden
- Tipps zur Stressvermeidung
- Entspannter leben und arbeiten

**Allen Elkin**



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