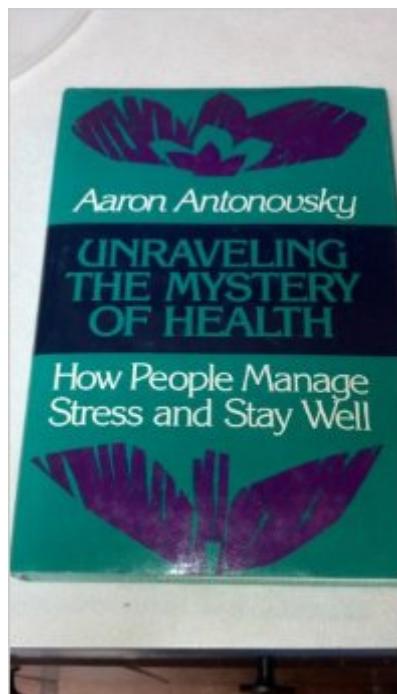


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# Unraveling The Mystery Of Health: How People Manage Stress And Stay Well (Jossey Bass Social And Behavioral Science Series)



## Synopsis

Important study.

## Book Information

Series: Jossey Bass Social and Behavioral Science Series

Hardcover: 238 pages

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Average Customer Review: 2.0 out of 5 starsÂ  [See all reviewsÂ \(1 customer review\)](#)

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## 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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