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Greenberg has written over 50 books on such topics as elder care, health, stress management, physical fitness, sexuality, and methods of health education. In addition, he has published over 80 articles in professional journals and lay magazines.

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Book Summary: The title of this book is Comprehensive Stress Management and it was written by Jerrold Greenberg. This particular edition is in a Paperback format. This books publish date is Oct 09, 2008. It was published by McGraw-Hill Humanities/Social Sciences/Languages and has a total of 480 pages in the book.