



## Stress and You

By Gunjeet Kaur

New Century Publications, New Delhi, 2003. Soft cover. Book Condition: New. First. 14 cms. 80pp. This book is written for all those who are loaded with responsibilities-personal and official-and are sincerely trying to fulfil them to the best of their ability. Are you one of them? Then you must be experiencing a lot of stress and tension caused by the fear of failure, role overload and personality clash. All of us at one point of time in life, need someone to lean on, confide in and magically solve all our problems. The constant striving to fulfil the responsibility and the lack of someone to understand you multiplies the tensions, leading to a perpetual stress syndrome.

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