



# Strategies for Managing Stress After War: Veteran's Workbook and Guide to Wellness

*Julia M. Whealin, Lorie T. DeCarvalho, Edward M. Vega*

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*Managing Stress After War: Veteran's Workbook and Guide to Wellness* outlines clear strategies for tackling problems such as learning healthy coping skills, sleep problems, and managing stress, anger, and depression. Written in an easy-to-understand style, this essential workbook and its companion clinician's manual were developed and refined by the authors to help veterans returning from conflicts and provide education and intervention for those who are experiencing war-related stress.

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