

# Who's In Charge: Attacking The Stress Myth By Scott Sheperd

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.Leigh: Thanks, Beth!! Super exciting!!.

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### **Who's in charge: attacking the stress myth**

Author: Scott Sheperd (Author), Title: Who's in Charge: Attacking the Stress Myth (Paperback), Publisher: Rainbow Books, Category: Books, ISBN: 9781568250717, Price

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Who's In Charge? Attacking the Stress Myth is designed to help people rethink how we typically look at stress. Scott has a B.A. in music from the

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### **Scott sheperd (author of who's in charge)**

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