

**A Wellness Way Of Life By Gwen Robbins, Debbie
Powers**

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Debbie Powers is the author of 'LL A Wellness Way of Life', published 2012 under ISBN 9780078022609 and ISBN 0078022606. Marketplace prices. Summary

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How is stress defined? A) It is balancing the demands of life. B) The nonspecific response of the human organism to any demand made upon it. C) The negative or

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Gwen Robbins recently retired as the Dean of the College of Applied Sciences and Technology at Ball State University. She held academic rank in the School of Physical

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Which of the following is a wise recommendation for exercise in the heat? A) restrict water intake to prevent cramps: B) take salt tablets to inhibit sweating

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