

## **BIBLIOGRAPHY for Stress Management for Nonlawyers**

### **Stress Management – The Essential Guide to Thinking and Working Smarter**

By Gerard Hargreaves

### **Crazy Busy**

By Dr. Edward M. Hallowell

### **Stopping: How To Be Still When You Have to Keep Going**

By Dr. David Kundtz

[www.stopping.com](http://www.stopping.com)

### **Born to Cathart! Laughing Your Way Through Stress**

By Marian Pleitz

[www.humorthrapy.com](http://www.humorthrapy.com)