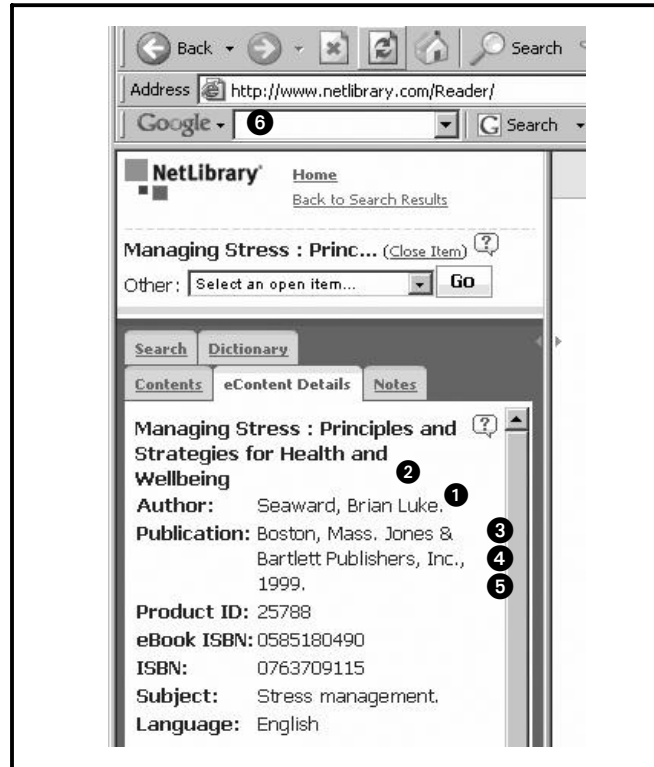


Citation Elements in order:

- ❶ **Author's name:** Brian Luke Seaward
- ❷ **Book title:** *Managing Stress: Principles and Strategies for Health and Wellbeing*
- ❸ **Place of publication:** Boston, Mass.
- ❹ **Publisher:** Jones & Bartlett Publishers, Inc.
- ❺ **Publication date:** 1999
- ❻ **URL:** <http://www.netlibrary.com/Reader/>
- ❼ **Date of access:** Thursday, August 10, 2006
- ❽ **Page numbers:** 18

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- ❶ Seaward, Brian Luke. ❷ *Managing Stress: Principles and Strategies for Health and Wellbeing*. ❸ Boston: ❹ Jones & Bartlett, ❺ 1999. ❻ <http://www.netlibrary.com/Reader/> ❼ (accessed August 10, 2006).

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First Footnote or Endnote Citation

- ❶ Brian Luke Seaward, ❷ *Managing Stress: Principles and Strategies for Health and Wellbeing*. (❸ Boston: ❹ Jones & Bartlett, ❺ 1999), ❻ 18, ❼ <http://www.netlibrary.com/Reader/> ❼ (accessed August 10, 2006).

1. Brian Luke Seaward, *Managing Stress: Principles and Strategies for Health and Wellbeing*. (Boston: Jones & Bartlett, 1999), 18, <http://www.netlibrary.com/Reader/> (accessed August 10, 2006).

Subsequent notes:

- ❶ Seaward, ❷ *Managing Stress*, ❸ 18
2. Seaward, *Managing Stress*, 18.

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