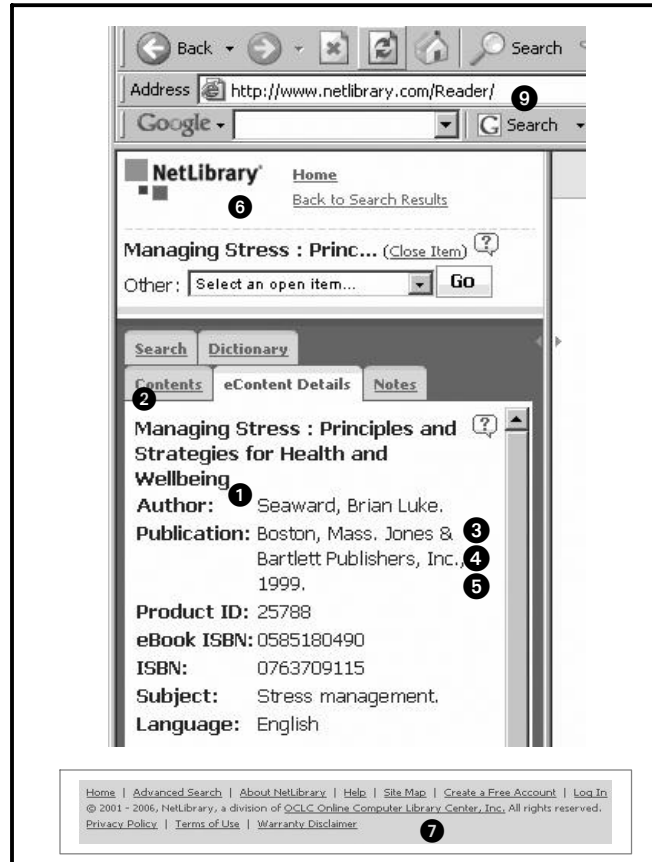


**Citation Elements in order:**

- 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 **Name of Web site:** NetLibrary
- ❼ **Name of sponsoring organization:** Online Computer Library Center (OCLC)
- ❽ **Date of access:** August 16, 2006
- ❾ **URL:** http://www.netlibrary.com/Reader/

**Document Example:**



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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 NetLibrary. ❼ Online Computer Library Center (OCLC). ❽ 16 August 2006  
❾ <http://www.netlibrary.com/Reader/>.

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<http://www.netlibrary.com/Reader/>.

**Parenthetical Reference**

- (❶ Seaward ❽ 18)  
(Seaward 18).

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