Stress is real. We all experience it, and it can't be avoided. Adaptogens are unique phytonutrients that support the body in times of stress. This book explores modern and traditional usage of several of the most popular adaptogens as they apply to health, stress, and athletic performance.

- Photoshop Album For Dummies
- Physical Proofs of Another Life Given in Letters to the Seybert Commission
- Physical Media in Spiritual Manifestations: The Phenomena of Responding Tables and the Planchette and Their Physical Cause in the Nervous Organism, Illustrated from Ancient and Modern Testimonies
- Physical Experiments: A Laboratory Manual
- Physiognomy: Or the Corresponding Analogy Between the Conformation of the Features, and the Ruling Passions of the Mind (Classic Reprint)
- Photoshop X: Top 100 Simplified Tips and Tricks