

The Effect of Progressive Muscle Relaxation on Emotion
Depressionâ€“Anxietyâ€“Stress, Sense of Coherence, H
Well-Being of Unemployed People in Greece: An Interv

Explore: the Journal of Science and Healing

15, 38-46

DOI: [10.1016/j.explore.2018.08.001](https://doi.org/10.1016/j.explore.2018.08.001)

Citation Report

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