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A community-based stress management program: using wearable devices to assess whole body physiological responses in non-laboratory settings

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Author(s):

Robert Carter III, Kirtigandha Salwe Carter, John Holliday, Alice Holliday and Carlton Keith Harrison

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CORRESPONDING AUTHOR:

Name:

Carter Robert

Department:

Emergency Medicine

Institution:

UT Health Science Center at San Antonio

Article Title:

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