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Publications Report for: **Ann Ebere Okechukwu**

Report Date: November 04, 2026 **Total Publications:** 1

TITLE	YEAR	TYPE OF DOCUMENT	THEMATIC AREA	CITATION LINK
Managing Workplace Stress in Adult Education Lecturers: The Efficacy of Mindfulness-Based Intervention	2024	Peer-Reviewed Articles	N/A	https://aerd.africa/paper/831