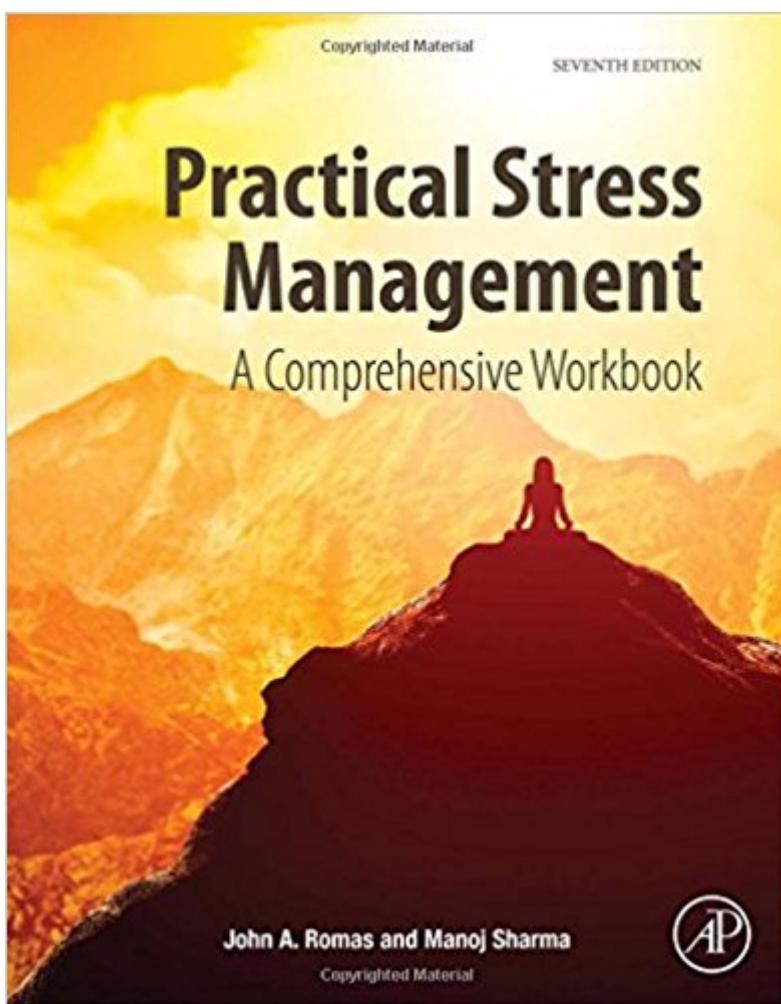


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# Practical Stress Management, Seventh Edition: A Comprehensive Workbook



## **Synopsis**

Practical Stress Management: A Comprehensive Workbook, Seventh Edition, is a focused, personal, worksheet-based text that combines theory and principles with hands-on exercises to help readers manage the negative impact of stress in life. As a practical tool for recognizing and preventing stress, the action-oriented approach enables the student to make personal change through self-reflection and behavior change techniques. This approach allows the book to be used as a text in a course or as a self-study/reference book. In this edition, the authors cover financial stress and expand their section on sleep. The book is accompanied by online MP3 files of guided relaxation techniques and downloadable worksheets. In addition, worksheets and thoughts for reflection boxes help users determine their own level of stress and apply effective stress management techniques. Completely revised, including updated stress management techniques and references, along with further readings in each chapter. Updated websites accompany each chapter. Includes ten new worksheets, along with an updating of remaining worksheets. Contains 'thoughts for reflection' boxes that highlight meditation techniques throughout the world.

## **Book Information**

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## **Customer Reviews**

"This is an exceptionally well-written text with the kind of scientific backing needed when addressing concepts that can be considered 'soft science' to many." --Dr. Sarah E. Rush, Department of Health Sciences, College of Health and Behavioral Studies, James Madison University "I appreciate the scope and focus of Practical Stress Management textbook as it specifically relates to their

perspective on the positive potential of stress rather than the usual view of stress as a problem or a threat. By teaching students how to change their perspective and respond to stress creatively and confidently, it empowers them to become smarter, stronger, more committed, and more resilient."

--Dr. Jerome E. Kotecki, Professor of Health Science, Department of Nutrition & Health Science, Ball State University

Practical Stress Management is a focused, personal, worksheet-based text that combines theory and principles with hands-on exercises to help you manage the negative impact of stress in your life. The seventh edition, now published by Academic Press, is accompanied by online access to MP3 files of guided relaxation techniques and downloadable worksheets. As a practical tool for recognizing and preventing stress, the action-oriented approach enables you to make personal change through self-reflection and behavior change techniques. The workbook emphasizes a positive approach to stress management, covering topics such as relaxation techniques, coping with anxiety, managing anger, communication skills, and exercise and nutrition. In this edition, the authors cover financial stress and expand their section on sleep. Worksheets and Thoughts for Reflection boxes help you determine your own level of stress and apply effective stress management techniques. The seventh edition includes completely updated material and guidelines, new worksheets, and further case studies to help learn and use techniques.

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