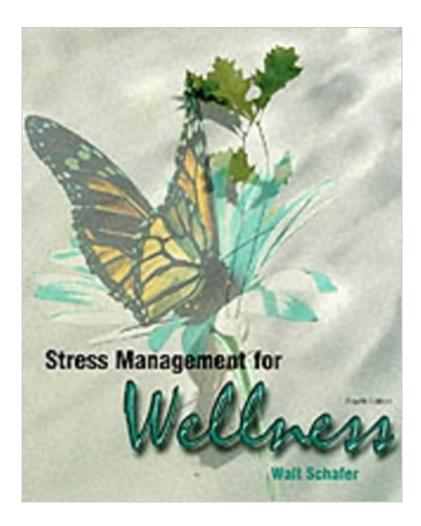


## The book was found

# **Stress Management For Wellness**





## Synopsis

This book provides students with readable, accessible, and easily-applied ideas and guidelines based on sound research evidence for enhancing personal wellness and the wellness of others through effective stress management. The writing style is reader-friendly, and includes many examples and personal application opportunities. It deals with central issues in the lives of today's students. This book is comprehensive, covering a wide range of topics in the stress management and wellness fields.

### **Book Information**

Paperback: 544 pages Publisher: Cengage Learning; 4 edition (July 27, 1999) Language: English ISBN-10: 0155079433 ISBN-13: 978-0155079434 Product Dimensions: 10 x 8 x 0.8 inches Shipping Weight: 2 pounds (View shipping rates and policies) Average Customer Review: 3.7 out of 5 stars 5 customer reviews Best Sellers Rank: #234,461 in Books (See Top 100 in Books) #161 inà Â Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health #614 inà Â Books > Health, Fitness & Dieting > Psychology & Counseling > Applied Psychology #800 inà Â Books > Self-Help > Stress Management

#### **Customer Reviews**

Part I. STRESS AND WELLNESS: AN OVERVIEW. 1. The Stress Experience: Myths and Reality.
2. Passing the Test of College Stress. 3. Wellness: Beyond Normal Health. Part II. MORE ABOUT
STRESS. 4. The Dynamics of Stress and Relaxation. 5. How the Stress Experience Varies. 6.
Distress Symptoms: Monitoring Early Warning Signs. 7. When It Eats Away at You:
Distress-Related Illnesses. Part III. DISTRESS-PRONE AND DISTRESS-RELATED INFLUENCES.
8. Distress-Prone Personality Patterns: Type A Behavior and Hostility. 9. Other Distress-Prone
Personality Patterns. 10. Distress-Resistant Personality Patterns. 11. Distress-Promoting and
Distress-Preventing Social Influences. Part IV. MANAGING STRESS: STRATEGIES AND
METHODS. 12. Your Coping Response. 13. Health Buffers: Exercise, Nutrition, Sleep, and Healthy
Pleasures. 14. It?s How You See It: Self-Talk, Beliefs, and Meaning. 15. Quieting the Mind and
Body: Relaxation Methods. 16. Pacing and Balance: Managing Time. 17. Social Support: Giving

and Receiving. 18. Personal Wellness and Social Commitment.

Arrived as scheduled ... great buy

#### great condition

The book was exactly as I had anticipated, I always buy books from and none of the sellers have let me down yet. In the condition that was described

This is a fantastic book. It was very easy to read. It seemed as though the author could read my mind. The strategies in this book have helped me to manage my fears and anxiety about social situations and other unrealistic fears. It has helped me manage my time better and thus eliminate negative stress. With this book and a strong desire to change, I am no longer depressed or suffering from sleep problems. The book defines the different kinds of stress. Then it talks about stress and helps you to understand what causes negative stress. Then it teaches you strategies to manage stress, anxiety, and fear.

I did receive this book earlier than expected. However, the previous owner obviously misled me on the condition of this book. It was stated as in "good" shape. No way, I barely consider it as in passable condition.

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Relaxation and Stress Management Bedtime Stories for Children, Improve Sleep, Manage Stress and Anxiety (Indigo D Combat Stress Injury: Theory, Research, and Management (Psychosocial Stress Series) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness) Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1)

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