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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

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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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