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Stress Management And Prevention: Applications To Daily Life



Synopsis

Stress Management and Prevention, Second Edition offers a fun and exciting way to learn about stress, its causes, and ways to deal with and prevent it. Not only will you enjoy reading it, but you'll also find yourself motivated to continue incorporating what you learn into your life long after your class is over. You'll explore both Western and Eastern views of stress to learn about its nature, what can trigger it, and the impact it can have on your body and your life. Numerous coping strategies are explored, including problem solving and time management skills, psychological and spiritual relaxation methods, and healthy nutritional and lifestyle choices. Self-reflection and self-awareness exercises, activities, and hands-on techniques will show you how to effectively and easily manage your stress and, most importantly, prevent it from reoccurring. A collection of 17 videos to accompany the text are available here: www.youtube.com/user/routledgetherapy.

Book Information

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Customer Reviews

Great book and tool to keep on my shelf. I am a student in college and found its content to be helpful in assessing and increasing my overall self-awareness and well-being. This book is suitable for a range of audiences including older adults, teens, and anyone in between. I was especially enthusiastic about reading the chapter on Psychological and Spiritual Relaxation Methods, which has helped me incorporate yoga and meditation into my family life. This textbook contains relevant issues that may stress us (ie technological intrusion, occupational stress, relationships, time

management, finances, etc.), and many feasible techniques.

I took Stress Management with Dr. Chen (the co-author). Most of his lectures covered all of the points that he talks about in his book so I mainly used this book to review and skim over for the tests and didn't read it all of the way. Overall I enjoyed the topics covered and feel it was presented in the text in an easy to understand manner.

This helps you learn how to manage stress, not get rid of stress.

I would not recommend this book for the casual reader (which I am). I took a stress management course as I have my fair share of issues and there were so many triggers in this book that it's not even funny. Reading an in depth psychological analysis of years worth of issues in 30 pages in an uncontrolled environment was counter productive to say the least. Due to the lack of trigger warnings I thought this book would help reduce stress, I pay a therapist to help me deal with my issues and touching on every single issue within a matter of hours brought back all the pain with little to no relief. People slip up with one trigger, imagine going through 10 triggers in 2 hours...Change the name to "Stress Management and Triggering" because this book caused me far more problems than it prevented.

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