



Stress Management: A Comprehensive Guide to Wellness

By Edward A Charlesworth, Ronald G Nathan

Random House USA Inc, United States, 2004. Paperback. Book Condition: New. Rev and Updated ed.. 198 x 132 mm. Language: English . Brand New Book. Are you among the 95 million Americans who suffer from stress during these trying times? Revised and comprehensive, this invaluable guide helps you identify the specific areas of stress in your life familial, work-related, social, emotional and offers proven techniques for dealing with every one of them. New material includes information on how men and women differ in response to stress, updated statistics on disorders and drugs, the ways terrorism and the information age impact stress, the key benefits of spirituality, alternative medicine, exercise, and nutrition. Stress Management will help you test your personal responses to daily stress and chart your progress in controlling it learn specific techniques for relaxation from scanning to imagery training discover how to deal with life s critical moments without stress embark on a program to improve your physical health as a major step toward stress management discern which types of stress must be reduced and which kinds you can turn into positive motivation.



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