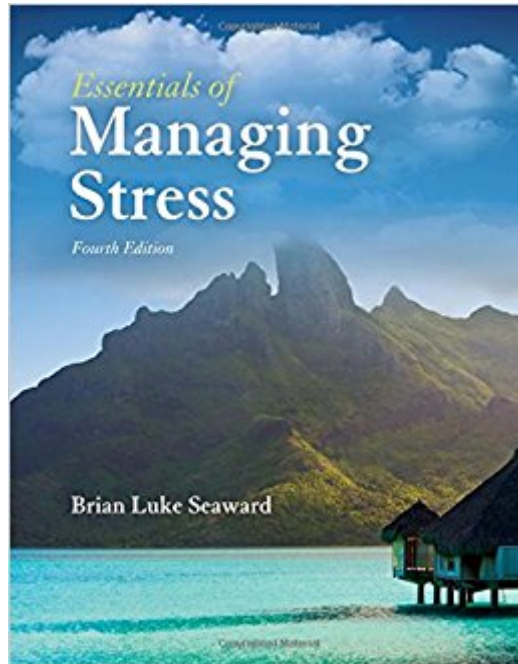




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Essentials Of Managing Stress



Synopsis

Every new print copy of Essentials of Managing Stress, Fourth Edition includes access to the Navigate Student Companion Website! The new edition and accompanying website for Essentials of Managing Stress, Fourth Edition contains everything you need for an introductory one-term course. The Fourth Edition provides readers with the practical skills and techniques to best handle daily stressors, and empower them with the tools needed to live a balanced life. This new edition is a highly accessible and student-friendly text that blends theory with effective application, while using simple, straight-forward examples and concepts. Students are guided through a series of more than 80 exercises and questionnaires that encourage them to adopt effective stress management practices into their personal health behaviors. **NEW** - Audio files, narrated by author Brian Luke Seaward, introduce each section and can be found on the Navigate Companion Website **NEW** - Includes a new Chapter 24, Ecotherapy: The Healing Power of Nature **NEW** - Many new Workbook Exercises can be found throughout the text that encourage readers to self-assess and process their findings in a meaningful way **NEW** Worksheets are also available as writable PDFs on the Navigate Companion Website **NEW** Student Favorite! - Four audio relaxation files are available on the Navigate Companion Website **A** reader-friendly approach balances practical tips with theory and concepts

Book Information

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Customer Reviews

Great book. The chapters were short, easy to read in a few minutes, and provided a lot of insight

into stress and how to manage it. The book included activities at the end of every chapter to help with stress management. Some of the activities were reflective and some involved active participation. A code for access to the book's website was included, but I didn't need to use it for my class.

Purchased the book brand new, and it arrived in the wrapper with a significant number of missing pages. Open to page 136, and the next page is 185. There is no gap/space in the binding, so no pages have fallen out -- it's clearly a failure in the printing. Very tough to complete assignments with 49 missing pages in the middle of the book. Refer to the Table of Contents ... Chapters 8, 9, 10, and 11 are missing.

I bought this by accident, thinking that it was the textbook I needed for class. After I bought the correct book, I decided to keep this one, as it's a great review of what I learned in my Stress Management class. I'll be using it the rest of this summer and into the next school semester to help control my stress levels.

Fast shipping good book for class

The book is used but it is in very condition, as described.

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