



Practical Stress Management: A Comprehensive Workbook for Managing Change and Promoting Health (5th Edition)

John A. Romas, Manoj Sharma

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Key Benefit:

Practical Stress Management is a focused, personal, worksheet-based book that combines theory and principles with hands-on exercises to help readers manage the negative impact of stress in their lives. The Fifth Edition has been revised to include pre-test and post-test assessment to focus a broad range of topics and to rate readers' personal stress level and stress coping skills. As a practical tool for recognizing and preventing stress, the action-oriented approach enables readers to make personal change through self-reflection and behavior change techniques.

The workbook emphasizes a positive approach to stress management, covering topics such as relaxation techniques, coping with anxiety, managing anger, communication skills, and exercise and nutrition. In this edition, the authors cover financial stress and expand their section on alcohol, smoking, and drug abuse to include information on binge drinking. Worksheets and Thoughts for Reflection boxes help readers determine their own levels of stress and apply effective stress management techniques.

Key Topics:

Understanding Stress, Enhancing Awareness About Managing Stress, Relaxation, Effective Communication, Managing Anger and Resolving Conflicts, Coping with Anxiety, Eating Behaviors for Healthy Lifestyles, Regular Physical Activity and Exercise, Efficient Time Management, Implementing a Stress Reduction Plan

Market: Intended for those interested in learning the basics of stress management

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Sharon Chacko:

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Nicolas Olsen:

People live in this new day time of lifestyle always aim to and must have the time or they will get wide range of stress from both everyday life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not really a robot. Then we ask again, what kind of activity do you have when the spare time coming to an individual of course your answer will unlimited right. Then ever try this one, reading textbooks. It can be your alternative within spending your spare time, typically the book you have read is Practical Stress Management: A Comprehensive Workbook for Managing Change and Promoting Health (5th Edition).

John Day:

In this age globalization it is important to someone to receive information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information quicker to share. You can find a lot of sources to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that print many kinds of book. The book that recommended to your account is Practical Stress Management: A Comprehensive Workbook for Managing Change and Promoting Health (5th Edition) this guide consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Often the writer made some research when he makes this book. Honestly, that is why this book suited all of you.

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