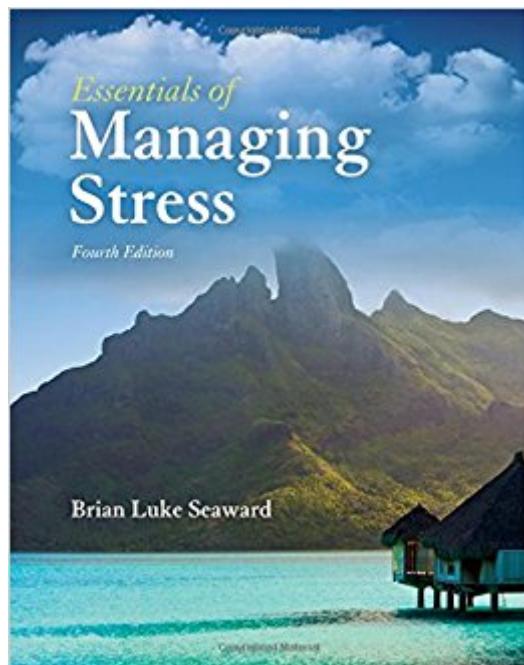


The book was found

# 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  Worksheets are also available as writable PDFs on the Navigate Companion Website  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

Paperback: 372 pages

Publisher: Jones & Bartlett Learning; 4 edition (January 20, 2016)

Language: English

ISBN-10: 1284101509

ISBN-13: 978-1284101508

Product Dimensions: 8.4 x 1 x 10.8 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 5 customer reviews

Best Sellers Rank: #39,966 in Books (See Top 100 in Books) #29 in  Textbooks > Medicine & Health Sciences > Medicine > Clinical > Mental Health #160 in  Books > Self-Help > Stress Management #302 in  Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## 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.

[Download to continue reading...](#)

Modern Essentials Bundle 6th - Modern Essentials 6th Edition a Contemporary Guide to the Therapeutic Use of Essential Oils, An Introduction to Modern Essentials, and Modern Essentials Reference Card Essentials Of Managing Stress Magical Swear Word. Adult Coloring Books: Relaxation and Stress reduction: 30 Stress Relieving Magical Sweary Designs : flowers, mandalas, patterns. ... Anxiety and Stress (Swear Word Coloring Book) Adult Coloring Books: Mandala for a stress relieving experience (mandalas, stress relief, reduce stress, coloring books, relax) Prepper Essentials: Prepper Essentials What Every Survivalist Needs To Know When Building The Ultimate SHTF Stockpile (Survival Handbook, DIY, Emergency ... Essentials Books, Emergency Prepared) The Book on Managing Rental Properties: A Proven System for Finding, Screening, and Managing Tenants with Fewer Headaches and Maximum Profits The Book on Managing Rental Properties: A Proven System for Finding, Screening, and Managing Tenants With Fewer Headaches and Maximum Profit Managing Stress: Principles and Strategies for Health and Well-Being Weight Watchers Managing Stress INTROVERT: I Am An Introvert: The Power of Introverts and Introverted

Leadership.: A survival guide on managing stress and emotional anxiety for quiet people (The Art of Growth Book 8) Stress Sucks! A Girlâ€s Guide to Managing School, Friends & Life Balancing ACT: A Teen's Guide to Managing Stress (Science of Health: Youth and Well-Being) Animals Adult Coloring Book: Stress Relieving Patterns of Elephants, Cats, Dolphins, Owl, Peacock, Panda, Fox, and More (Stress Relieving Designs) (Volume 1) Adult Coloring Book Designs: Stress Relieving Patterns, Mandalas, Cats, Flowers, Animals, Henna, and Paisleys for Stress Relief Relaxation and Zen The Adult Coloring Book for Coffee Lovers: A Meditation and Stress Relief Coloring Book for Grown-Ups (Humorous Antistress Coloring Pages and Zentangle Designs for Relaxation and Stress Relief) Coloring Books For Adults Volume 1: 40 Stress Relieving And Relaxing Patterns, Adult Coloring Books Series By ColoringCraze.com (Adult Coloring Books, ... Anti Stress Coloring Books For Grownups) American Football Sketch Gray Scale Photo Adult Coloring Book, Mind Relaxation Stress Relief: Just added color to release your stress and power brain ... and grown up, 8.5" x 11" (21.59 x 27.94 cm) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Stress Effects: A fascinating look at the effects of stress on breathing patterns, gut microbiome, adrenals and addiction. Why Zebras Don't Get Ulcers : An Updated Guide To Stress, Stress Related Diseases, and Coping ("Scientific American" Library)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)