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Stress Management For Wellness



Synopsis

This book provides students with readable, accessible, and easily-applied ideas and guidelines based on sound research evidence for enhancing personal wellness and the wellness of others through effective stress management. The writing style is reader-friendly, and includes many examples and personal application opportunities. It deals with central issues in the lives of today's students. This book is comprehensive, covering a wide range of topics in the stress management and wellness fields.

Book Information

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Customer Reviews

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Arrived as scheduled ... great buy

great condition

The book was exactly as I had anticipated, I always buy books from and none of the sellers have let me down yet. In the condition that was described

This is a fantastic book. It was very easy to read. It seemed as though the author could read my mind. The strategies in this book have helped me to manage my fears and anxiety about social situations and other unrealistic fears. It has helped me manage my time better and thus eliminate negative stress. With this book and a strong desire to change, I am no longer depressed or suffering from sleep problems. The book defines the different kinds of stress. Then it talks about stress and helps you to understand what causes negative stress. Then it teaches you strategies to manage stress, anxiety, and fear.

I did receive this book earlier than expected. However, the previous owner obviously misled me on the condition of this book. It was stated as in "good" shape. No way, I barely consider it as in passable condition.

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