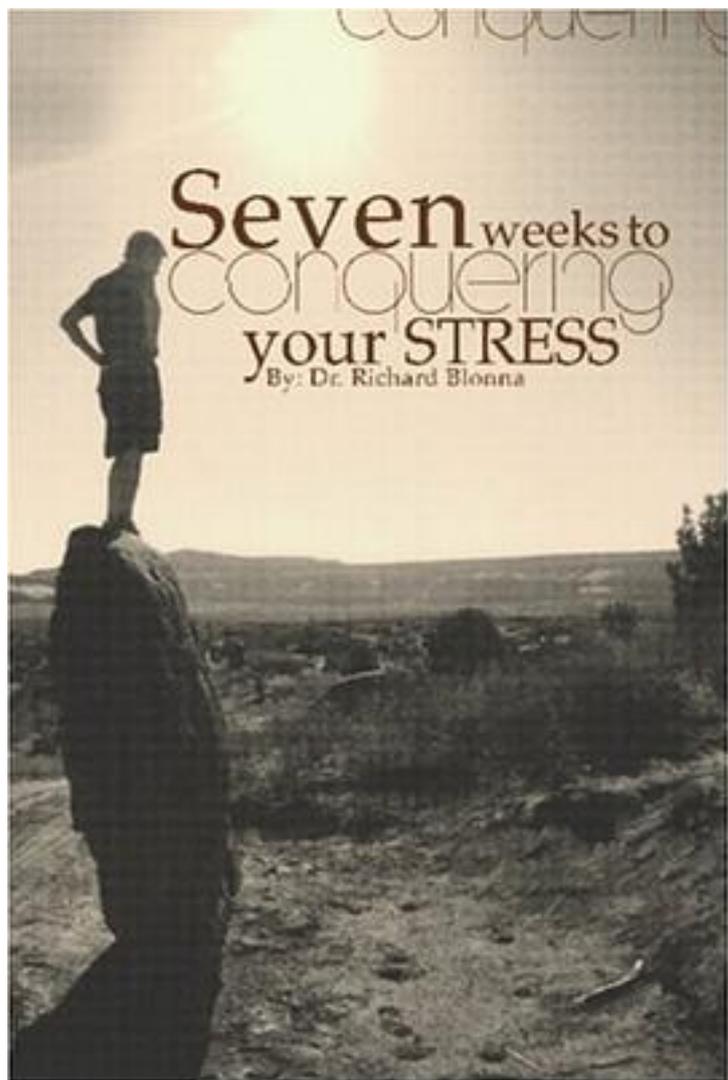


# Seven Weeks To Conquering Your Stress



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Seven Weeks to Conquering Your Stress is based on Dr. Richard Blonna's Five R's of Coping Model, introduced in his best-selling college textbook, Coping With Stress in a Changing World (McGraw-Hill). Thousands of people around the world have used this approach to conquer their stress. The Five R's of Coping (Reorganize, Relax, Release, Rethink, and Reduce) work together to provide a synergistic effect in helping people conquer their stress. Each R represents a different level and approach to coping with stress. This is very important because people, and the things that stress them, differ, and should not be managed the same way. Most stress-management books and programs fail because they use a cookie-cutter approach to coping that assumes all stressors can be managed the same way by everyone. Nothing could be further from the truth. Seven Weeks to Conquering Your Stress teaches people how to develop personal stress management plans that fit their unique stressors and lifestyles.

作者介绍:

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