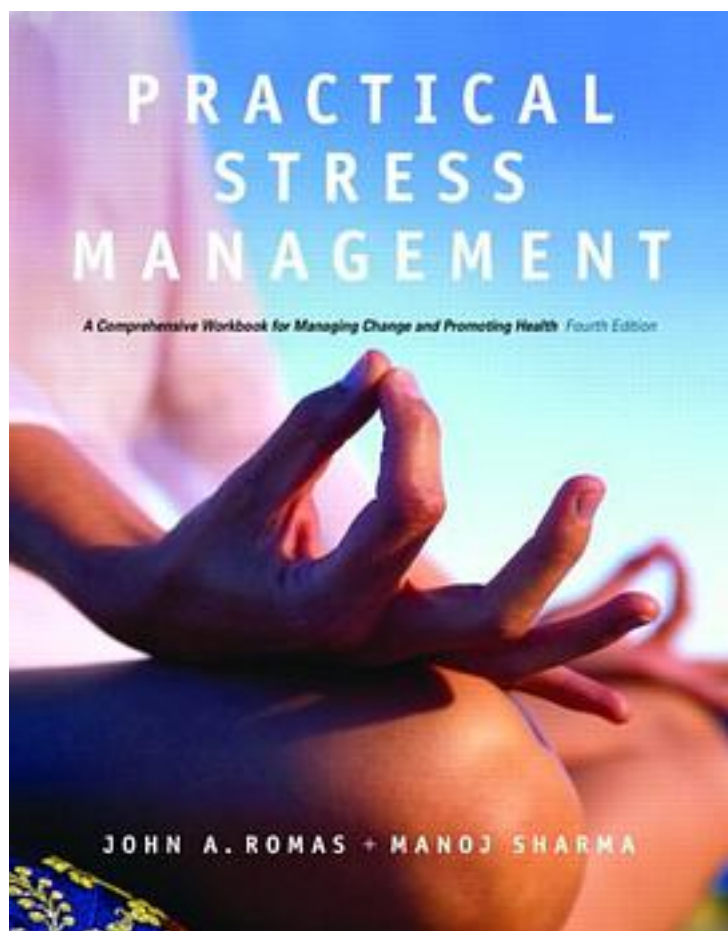


# Practical Stress Management



[Practical Stress Management 下载链接1](#)

著者:Romas, John A./ Sharma, Manoj

出版者:Addison-Wesley

出版时间:2006-3

装帧:Pap

isbn:9780805349115

Practical Stress Management is a focused, personal, worksheet-based text that combines theory and principles with hands-on exercises to help students manage the negative impact of stress in their lives. The Fourth Edition has been revised to include

updated nutrition information including the new MyPyramid. As a practical tool for recognizing and preventing stress, the action-oriented approach enables students 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 the Fourth Edition, the authors encourage students to be self-reliant by presenting activities that can be done independently without relying on outside sources for the cure to stress. Worksheets and Thoughts for Reflection boxes help students determine their own levels of stress and apply effective stress management techniques.

作者介绍:

目录:

[Practical Stress Management\\_下载链接1](#)

标签

评论

-----  
[Practical Stress Management\\_下载链接1](#)

书评

-----  
[Practical Stress Management\\_下载链接1](#)