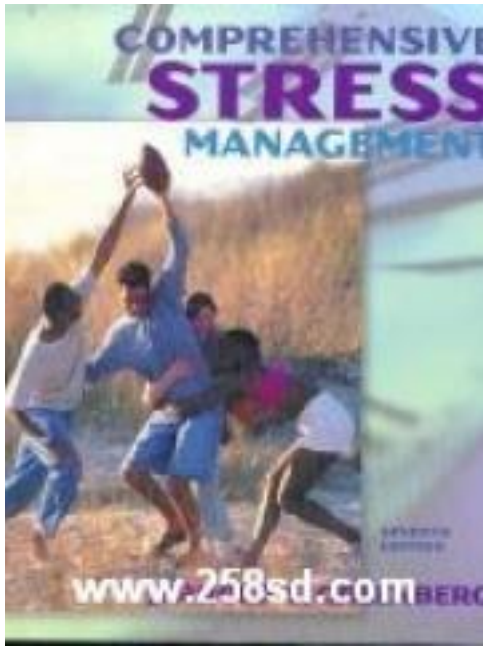


# Comprehensive Stress Management



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著者:

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: P RE FAC E  
he first edition of this book evolved out of two needs~ The first  
per-  
lained to my discussions with studentsi¼ colleaguesi¼ friendsi¼ and  
rela-  
tives whoi¼ as I listened more carefullyi¼ seemed to be crying out  
for  
help in dealing with the stress of life. Upon closer scrutinyi¼ I reali¼d  
thai the only cries I was deaf to were my own. h tooi¼ needed help  
managing  
stress. The second need related to the nature of texts on this subject. I  
thought  
the:/were informative or interesting but seldom both. Furthermore i¼ I  
didn t  
think stress management was presented as fi¼e complex subject I envisinn  
it to be.  
I thought books on this subject explored parts of stress management but  
omitted  
several key components. Both of these needs continue to exist and cry  
out for  
thisi¼ the seventh edition of Comprehensive Stress Management. This

book is written in a more personal informal manner than most and is organized to consider stress as a function of situations in life that when perceived as distressing result in emotional and physiological arousal. There is an abundance of scientific and statistical information in this book but it hangs onto anecdote humor and personal experience to breathe life into its content. In addition numerous means of assessment are provided so that content takes on personal meaning for each reader. /TO THIS EDITION  
We all learn from our experiences and I am no exception. This seventh edition of Comprehensive Stress Management incorporates changes recommended by readers of the first six editions while maintaining the elements valued by those readers. Revisions include the following:  
1. The latest research on the relationship between coronary heart disease stress and the production of plasma homocysteine has been included in Chapter 3. Researchers suspect that stress anger and hostility stimulate the production of homocysteine which in turn leads to coronary heart disease. In addition other variables that studies have found associated with heart disease are discussed such as low socioeconomic status bipolar and cardiac rhythm.  
2. Current research in complementary and alternative medicine and the National Institutes of Health's office of Alternative Medicine's research agenda are presented in Chapter 3. Several of the alternative approaches to illness and disease include a stress related component.  
3. The presentation of posttraumatic stress disorder (PTSD) is expanded in Chapter 3 to reflect the most current thinking and findings. PTSD is more prevalent than most people realize and is deserving of this added attention.  
4. Vegetarian ethnic and cultural food pyramids are discussed in Chapter 5 in the topic of nutrition and stress. In addition a body mass index table is included in Chapter 5 so the reader can calculate his or her own body mass index.  
5. Social support is discussed in more detail. The different types of support available and the benefits of these different kinds of support.

作者介绍:

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