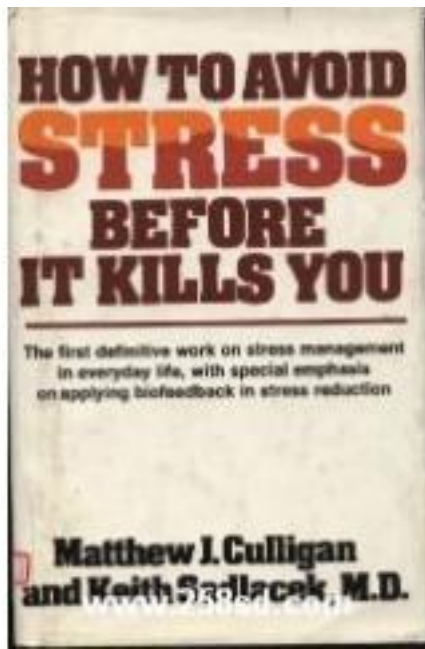


# How to Avoid Stress Before It Kills You



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著者:

出版者:

出版时间:

装帧:

isbn:9780517305560

Foreword  
Stress is a relatively new concept in our culture and yet most of us will eventually die of disorders related to our inability to cope successfully with it. In an age when medical science has all but conquered infectious disease we still find ourselves faced with the prospect of suffering--and possibly dying--from one or more of the stress-linked disorders. However there is hope; for effective anti-stress self-control procedures have been devised. Some like certain meditation practices have been popular in other cultures for centuries. Autogenic training an autosuggestive technique was developed in Germany some forty years ago but only in the last few years has its literature become available in the English language. Edmund Jacobson's progressive relaxation has been taught in the United States since

> the 1920s but perhaps the inherent simplicity of this muscle relaxation procedure has prevented its widespread acceptance in medical-psychological circles. Now Western technology has evolved biofeedback--a technique for our time and culture--electronic precise and demonstrably effective.

作者介绍:

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