



Essentials Of Managing Stress

Brian Luke Seaward

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The quintessential stress management text for undergraduate students, *Essentials of Managing Stress* balances key concepts and academic theory with real-life applications and exercises, allowing students to integrate theory and practice in their own lives. The only textbook of its kind to comprehensively address the relationship between mind, body, and spirit, this fully revised and updated Third Edition includes all-new sections on the sociology of stress and communication skills, with special emphasis on high-tech communications, screen addictions, and social networking. *Essentials of Managing Stress* also covers environmental disconnect, compassion fatigue, and mindfulness. Key features of this new edition include:

- Over 80 personal exercises, questionnaires, and inventories designed to help the reader/student adapt life skills into his or her personal health behaviors, including ten all-new exercises
- Fully updated content and references section
- A comprehensive all-new chapter on communication with a special emphasis on high-tech communication
- A brand-new section on the sociology of stress
- A focus on holistic health practices, including yoga, meditation, and breath awareness
- Skills and strategies for integrating stress management into a busy, high-pressure lifestyle
- A reader-friendly approach that balances practical tips with theory and concepts

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The reason why? Because this Essentials Of Managing Stress is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who also write the book in such amazing way makes the content within easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of advantages than the other book get such as help improving your proficiency and your critical thinking method. So , still want to postpone having that book? If I were you I will go to the reserve store hurriedly.

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