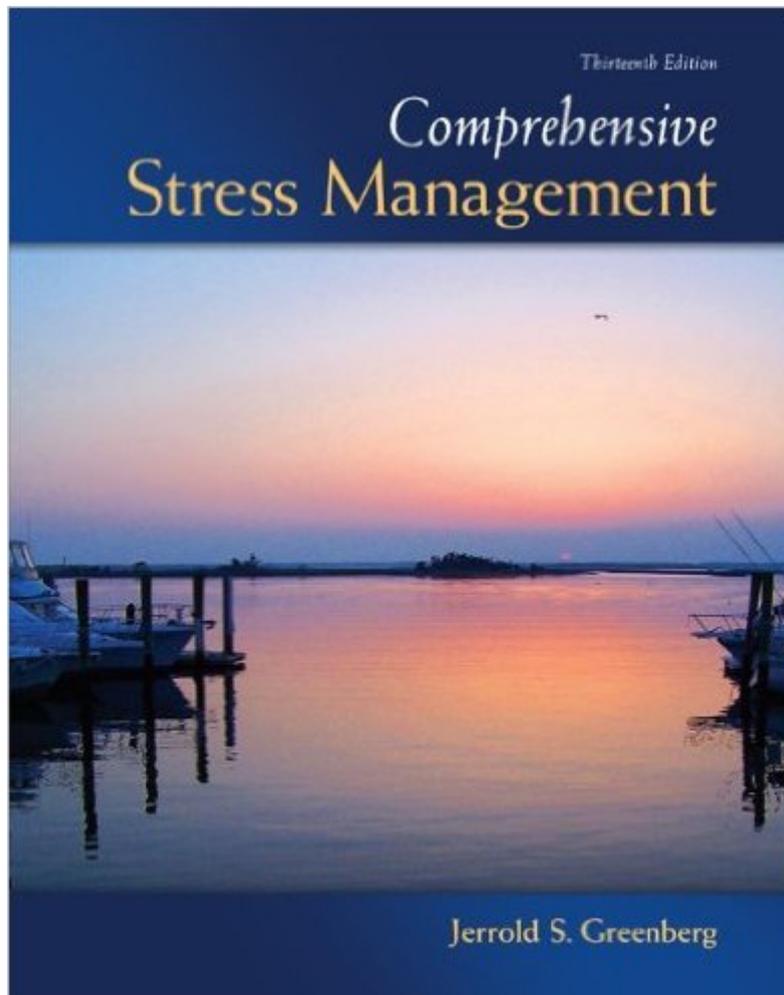


The book was found

Comprehensive Stress Management



Synopsis

Comprehensive Stress Management empowers students to learn what stress is, evaluate their level of stress, and apply to their own lives the tools and skills to manage that stress. The book examines a variety of topics relevant to college students such as intrapersonal and interpersonal stressors, physiological reactions to stress, spirituality and stress, occupational stress, and family stress. Lab Assessments at the conclusion of each chapter help students relate what they have learned to their personal lives by encouraging them to identify specific attitudes, behaviors, and coping skills as well as target areas for improvement. The 13th edition incorporates many changes and updates while still retaining the content and features valued by instructors and students over the previous editions. Instructors and students can now access their course content through the Connect digital learning platform by purchasing either standalone Connect access or a bundle of print and Connect access. McGraw-Hill Connect[®] is a subscription-based learning service accessible online through your personal computer or tablet. Choose this option if your instructor will require Connect to be used in the course. Your subscription to Connect includes the following:

- SmartBook[®] - an adaptive digital version of the course textbook that personalizes your reading experience based on how well you are learning the content.
- Access to your instructor's[™] homework assignments, quizzes, syllabus, notes, reminders, and other important files for the course.
- Progress dashboards that quickly show how you are performing on your assignments and tips for improvement.
- The option to purchase (for a small fee) a print version of the book. This binder-ready, loose-leaf version includes free shipping.

Complete system requirements to use Connect can be found here:

<http://www.mheducation.com/highered/platforms/connect/training-support-students.html>

Book Information

Paperback: 480 pages

Publisher: McGraw-Hill Education; 13 edition (September 5, 2012)

Language: English

ISBN-10: 0073529729

ISBN-13: 978-0073529721

Product Dimensions: 8.5 x 0.8 x 10.9 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars[®] See all reviews[®] (68 customer reviews)

Best Sellers Rank: #32,558 in Books (See Top 100 in Books) #38 in Books > Health, Fitness &

Dieting > Men's Health > General #52 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Pain Management #142 in Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

This book was purchased for a college class I'm taking, but I will be keeping it on my shelf for reference when assisting clients with their stress-related issues. The ONLY thing I would change about this book is a SLIGHTLY more exciting format; however, it IS a textbook, and FOR a textbook, it is very nicely formatted. The summaries, resource lists, and lab assessments are very nice aspects of an already worthwhile read. This book arrived in very good condition and on time.

This textbook is a rental for my Stress Management class. Condition: Very used - This book was through the wringer before it got to me. The covers are bent, folded and creased; pages are stained and heavily highlighted. It's usable though. Opinion: The author has a healthy ego, that's for sure. He also has some ideas that aren't connected to reality. The first 3 chapters are total slogs - if I were a medical student they might be helpful, but this is stress management, not anatomy or brain chemistry 101. The "tests" on stress level, personality type, ability to forgive, etc. are so short as to be completely useless. An actual personality test is hundreds of questions and hours long. The text is also presented as though the reader is a perfectly well adjusted, has no mental or emotional issues, Stepford-wife kind of person. Newsflash: those people don't exist. The author also presents his topics in the manner of 'it is all in your head'; 'just do it'; 'make up your mind to change and you'll do so'. That's a terrible way to come at psychological issues according to every psychologist I've ever seen or spoken to, and the psychiatrist I used to see. Overall, I find my Stress Management class to be stress inducing and this textbook isn't helping.

I have been teaching stress management at the undergraduate level for about three years now and find this book to be an excellent resource for undergraduates. It is very easy to read and gives a great deal of information about the practical application of stress management techniques. Those who plan on teaching a course in stress management would be well advised to have a good deal of supplementary material on hand as this book is directed toward the intro student and is not informative enough to develop lectures from. This is one textbook that students consistently give high ratings.

This book was excellent. Had to get it for a Stress and Wellness class I was taking and ended up loving it. The lay out of the book is great and the exercises are very well designed. Packed with tons of useful information and plenty of tools to help manage and minimize stress. The tools I learned in this book helped me to prepare for entering one of the hardest UC's. I highly recommend this book to anyone that wants to learn how to have a more stress free life.

Had to get this book as required text for a class I was taking. This is one of those college books that you don't mind hanging onto and will gladly put it in your library. The author does a great job of personalizing the text with his own stories with real practical overviews of the physiological, psychological, and social effects from stress reactivity. Great book with helpful labs and reasonable ideas for managing your stress.

This book has some interesting information about how stress is caused and what illnesses are caused by stress. I loved learning about how your body reacts to stress and what hormones are made where. The vocabulary words on the side of the book are useful. I haven't been able to read the whole thing. It get's only 3 stars because the book could be a little better written.

I bought this book because I was taking a Stress Management class and I found it very useful and most importantly, it is very easy to read. I would recommend this book even if you are not taking a class since it has plenty of techniques to reduce stress.

This is a great resource. Unfortunately my copy was missing pages 355-386! Thirty pages just not there. Please check your book before the return policy expires. Other than that it's an excellent book on stress management.

[Download to continue reading...](#)

The Daily Note Planner For Busy People: Make Use Of Your Time Effectively With This Easy To Follow Note Planning Guide (Note Taking, Time Management, Management ... Management For Dummies, Stress Reduction) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Comprehensive Stress Management A Comprehensive Guide to Project Management Schedule and Cost Control: Methods and Models for Managing the Project Lifecycle (FT Press Project Management) Compassion Fatigue: Coping With Secondary Traumatic Stress Disorder In Those Who Treat The Traumatized (Psychosocial Stress Series) Trypophobia: Real,

Terrifying and you definitely have it: phobia, fear, anxiety, stress, overcome, tryphobia (Stress, Anxiety, Depression, High Pressure, Unhappy, Stressed) Bath Bombs: 47 Magnificent Organic Non-Toxic Bath Bomb Recipes For Stress Relief, Detoxification, Dry Skin And Longevity! (Bath Bombs, Stress Relief, Bath Bombs Recipes) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet) Why Zebras Don't Get Ulcers: An Updated Guide to Stress, Stress Related Diseases, and Coping (2nd Edition) Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping Why Zebras Don't Get Ulcers: A Guide to Stress, Stress-Related Diseases, and Coping By Robert M. Sapolsky - Why Zebras Don't Get Ulcers: The Acclaimed Guide to Stress, Stress-Related Diseases, and Coping - Now Revised and Updated (Third Edition) (8/16/04) The Upside of Stress: Why Stress Is Good for You, and How to Get Good at It Homeopathic Guide to Stress: Safe and Effective Natural Way to Alleviate Physical and Emotional Stress Anxiety, Guilt, Shame, Depression, Loss, Illness and Injury, Negative Effect STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3) Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage Reflexology: The Reflexology Comprehensive Guide to Relieve Stress, Treat Illness, Reduce Pain and Improve your Overall Health Saunders Comprehensive Review for the NCLEX-RN® Examination (Saunders Comprehensive Review for Nclex-Rn) Comprehensive Chess Course: Learn Chess in 12 Lessons (Fifth Enlarged Edition) (Vol. 1) (Comprehensive Chess Course Series) Comprehensive Gynecology, 6e (Comprehensive Gynecology (Mishell/Herbst))

[Dmca](#)