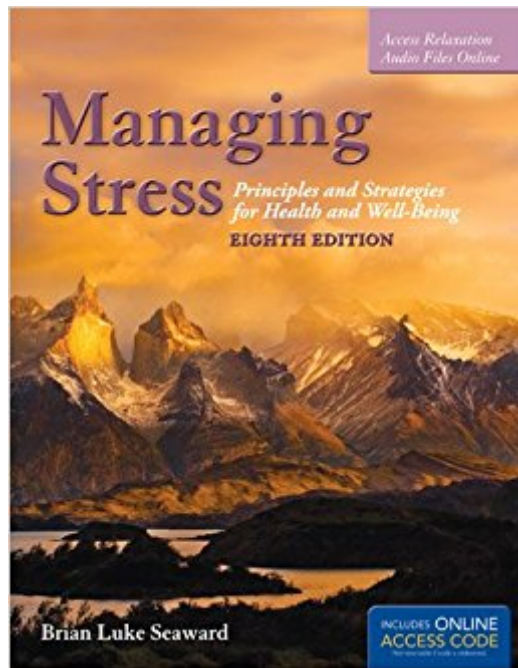




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# Managing Stress: Principles And Strategies For Health And Well-Being



## Synopsis

Revised, updated and reorganized, *Managing Stress: Principles & Strategies for Health and Well-Being* Eighth Edition, provides a comprehensive approach to stress management honoring the integration, balance, and harmony of mind, body, spirit, and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity. Referred to as the "authority on stress management" by students and professionals, this book gives students the tools needed to identify and manage stress while teaching them how to strive for health and balance. New and Key Features to the 8th Edition: - Includes a new Chapter 28, Ecotherapy: The Healing Power of Nature. - Revised and updated to keep pace with changes in the field. - Chapter 15, Communication Skills in the Information Age, has been expanded to reference the latest technology and how it affects lifestyles. - New information on stress and diabetes, job market stressors, desk yoga options, food allergies, and much more. - Includes FREE access to the Navigate Companion Website to accompany *Managing Stress*, Eighth Edition which includes relaxation technique audio files, practice quizzes, crossword puzzles, animated flashcards, and more. - Instructor's material include Instructor's manual, LMS-ready Test Bank, PowerPoint Image Bank, PowerPoint Lecture Slides, Sample Syllabi and Lesson Plans.

## Book Information

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## Customer Reviews

Good book. Bought it for my "Psychology of Stress Management" class. It was a fun read, and I

found myself picking it up and reading the chapters that my professor didn't cover for fun. My only issue with it was that the author seemed a little biased in his "religion" chapter. The theories he introduced made atheists sound like terrible people. We talked about these theories in class, and the 2-3 atheists in the room were not keen on being placed in the "chaotic antisocial stage." Also, some of the "theories" (and not just the ones relating to religion) are more like ideas or hypotheses. But otherwise, it's a good textbook. The chapters detailing stress management techniques are especially good.

Description is not accurate enough. I went with the ebook version for convenience. I could deal with a higher price to save space and make the book more portable, but I was under the impression the companion website access would be included. It is not. So if you want the online access, either get the paper version, or if you are stuck with it like I am, you can pay \$25 or so to get a code to get to the companion site. As a side note, the content is good, and the website is very helpful, had I not had to pay the extra fee, my review would be 4 stars. It loses points for being more expensive as an ebook.

I actually had to have this book for a class and I decided I'm tired of getting stuck with schoolbooks, so I rented this one. This is one I may actually buy on purpose! It has a lot of information without droning on and on. It is easy to read and teaches so much so quickly. I think it would be a good reference book as well.

I thoroughly enjoyed this book, there are so many technical information that I think the past reviewers were quite on point. Just because my all of the chapters in this book tremendously help improve my life and work stress - I fully recommend it for good read. It is best for folks who are in a high stress environment. This book will spell it all out for you. If it was not too expensive, I would have bought it for myself.

Great book

Needed this for grad school and it turned out to be a wonderful source of information.

I needed this book for my Health and Stress Psychology class, but ended up reading it for my own purposes.

will use it next monday when school starts, but what an awesome price, if i would have bought it on campus it would have cost over \$250.00,

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All is Well: The Art of Personal Well-Being  
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