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Stress Management For Life: A Research-Based Experiential Approach



Synopsis

Clearly explaining the "how to" of stress management and prevention, **STRESS MANAGEMENT FOR LIFE**, 4e emphasizes experiential learning and encourages readers to personalize text information through practical applications and a "tool box" of stress-reducing resources, including activities and online stress-relief audio files. Michael Olpin and Margie Hesson offer more than just a book about stress; they offer readers a life-changing experience. Well-researched and engaging, the book empowers students to experience personal wellness by understanding and managing stress, gives stress-related topics a real-life context, and motivates students to manage stress in a way that accommodates their lifestyle, values, and goals.

Book Information

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Customer Reviews

This is a well written book geared for the 4 year degree health science major. It helps you take a look at the "big picture" and allows you to practice what you've learned. The key to handling stress is your Awareness.

Well organized, easy to navigate through, and explains the material pretty well.

Good deal to rent

great!

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