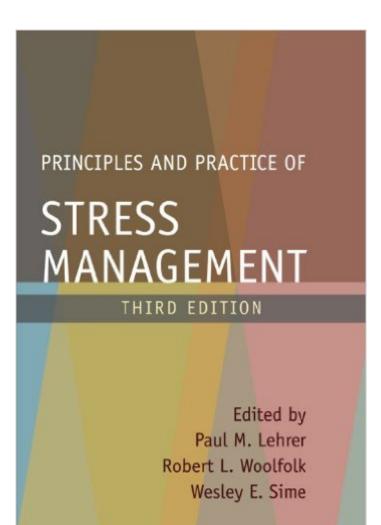
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Principles And Practice Of Stress Management, Third Edition





Synopsis

Structured for optimal use as a clinical reference and text, this comprehensive work reviews effective stress management techniques and their applications for treating psychological problems and enhancing physical health and performance. Leading experts present in-depth descriptions of progressive relaxation, hypnosis, biofeedback, meditation, cognitive methods, and other therapies. Tightly edited chapters examine each method's theoretical and empirical underpinnings and provide step-by-step guidelines for assessment and implementation, illustrated with detailed case examples. The volume also explains basic mechanisms of stress and relaxation and offers research-based guidance for improving treatment outcomes.

Book Information

Paperback: 734 pages Publisher: The Guilford Press; 3 edition (September 30, 2008) Language: English ISBN-10: 160623000X ISBN-13: 978-1606230008 Product Dimensions: 6.8 x 1.5 x 9.9 inches Shipping Weight: 2.8 pounds (View shipping rates and policies) Average Customer Review: 4.6 out of 5 stars Â See all reviews (5 customer reviews) Best Sellers Rank: #578,486 in Books (See Top 100 in Books) #38 in Books > Textbooks > Medicine & Health Sciences > Alternative Medicine > Holistic Medicine #233 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #574 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic

Customer Reviews

This is THE book on stress management I always waited for! I rely on this book in both university teaching and in stress management trainings for employees. The book is timely, very comprehensive and extremely useful for researchers as well as practitioners. It puts sufficient emphasis on theoretical underpinnings and gives concrete examples for exercises and client or training participant instructions. Great!Simone Grebner, PhD

Excellent book for professionals working in stress management. Updated and deep. Armando Ribeiro das Neves Neto. Sao Paulo, Brazil.

Scientific overview of not regular but effective principles and practise managing of stress. Need to take your time to understand

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