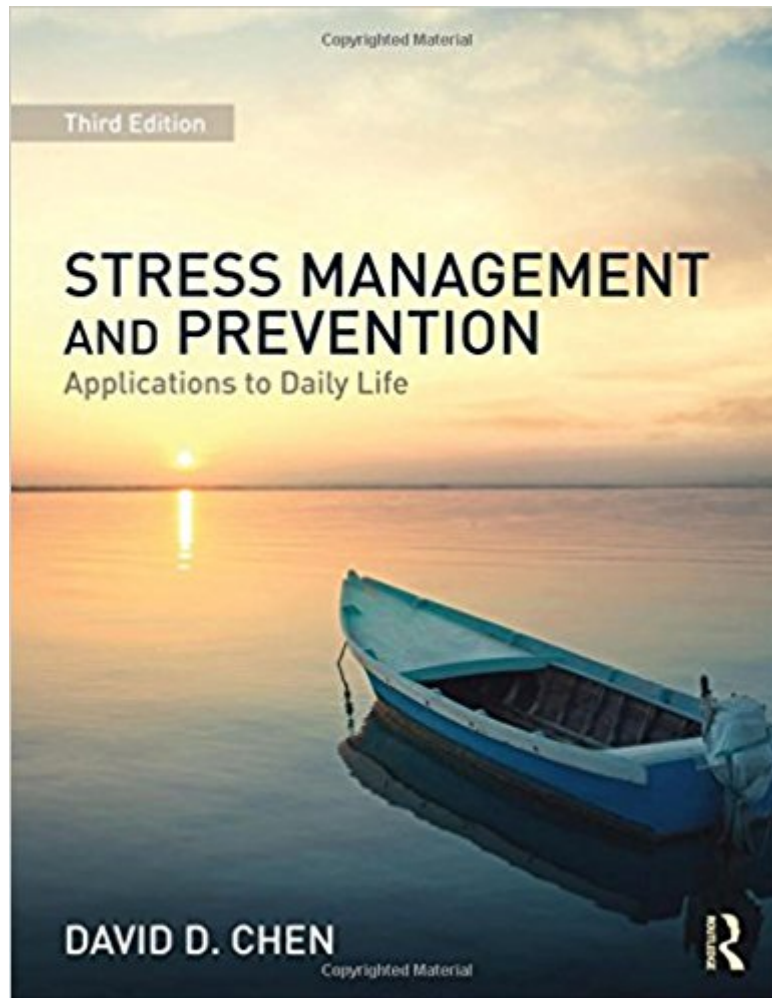




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Stress Management And Prevention: Applications To Daily Life



Synopsis

Gain a critical understanding of the nature of stress from a positive psychology framework that allows you to look beyond a simple pathology of stress-related symptoms. This new edition of *Stress Management and Prevention* integrates Eastern and Western concepts of stress while emphasizing an experiential approach to learning through the use of exercises, activities, and self-reflection. This student-friendly text contains chapters on conflict resolution, mindfulness meditation, time management, prevention of health risks, and cognitive restructuring. Included throughout are an emphasis on mindfulness and the neuroscience behind it, more theories, and new techniques for stress reduction and time management. An updated companion website includes even more video-based activities so students can see techniques in practice.

Book Information

Paperback: 440 pages

Publisher: Routledge; 3 edition (September 9, 2016)

Language: English

ISBN-10: 113890628X

ISBN-13: 978-1138906280

Product Dimensions: 8.5 x 0.8 x 10.9 inches

Shipping Weight: 2.7 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #37,687 in Books (See Top 100 in Books) #20 in Books > Medical Books > Psychology > Physiological Aspects #23 in Books > Health, Fitness & Dieting > Psychology & Counseling > Physiological Aspects #29 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Infectious Diseases

Customer Reviews

“This third edition has evolved into a more “mindfulness” approach to stress management within a positive psychology framework. The student centered explanations to the neuroscience underlying the concepts are presented at a level of complexity that is appreciated by science majors, but reasonably comprehensible to the non-science major as well. The video-based activities and the “Reflection” exercises provide self-assessment of individual stress levels, which enhances active student engagement. Text content addresses multiple individual and interpersonal health belief models, thus successfully linking theory to practice.” — Ellen Lee, RN, MS, Ed.D., CHES, adjunct faculty, Department of Health Science, California State University, Fullerton “An

excellent book from which all students of stress management will benefit. From clearly presented theories and concepts to vivid, real-world examples, the information provided by Dr. Chen is stimulating and thought-provoking. Dr. Chen takes more of a positive psychological perspective when presenting stress management topics, not leaving out cultural differences that may exist. The highlighted Reflection boxes are especially helpful in allowing students time to ponder over the information recently read and applying it to their everyday life experiences."â •Dr. Steven J. Radlo, PhD, associate professor of stress management and sport & exercise psychology, Western Illinois University â œStress Management and Prevention: Applications to Daily Life is a well-organized and remarkable tool for teaching stress management. Students will find the material interesting to read and the exercises throughout the text useful and impactful. Dr. Chen's book delivers scientific research about the effects of stress, along with holistic modalities designed to help students increase their coping skills and the quality of their lives.â •â •Karen Fazio, MSG, HHP, gerontologist, holistic health practitioner, health science and gerontology instructor, California State University, Fullerton â œStress Management and Prevention by Dr. Chen is both insightful and comprehensive, while being understandable and straightforward. He has written a book that anyone can digest, regardless of their stress management knowledge. The real-life examples are immediately applicable, allowing for instant absorption. A fantastic piece of work.â •â •Gina Harmston, MS, Department of Kinesiology, Department of Health Science, California State University, Fullerton

David D. Chen, PhD, is a professor of kinesiology at California State Universityâ •Fullerton.

excellent book perfect for reduced stress coping with tough life situations or everyday!

I got this for a friend who is taking on=line counselor class.

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