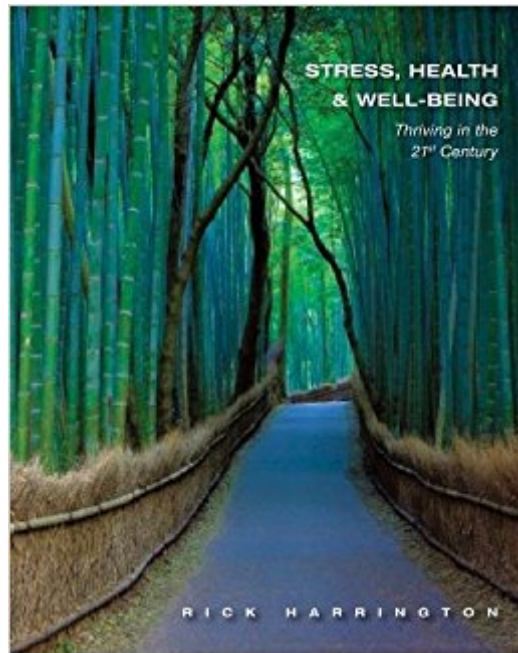




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# Stress, Health And Well-Being: Thriving In The 21st Century



## Synopsis

Discover the science that underlies one of the most pervasive forces in modern life with STRESS, HEALTH, AND WELL-BEING: THRIVING IN THE 21st CENTURY. With research findings and coping strategies integrated throughout, this text is a useful tool for helping you understand and approach stress effectively.

## Book Information

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## Customer Reviews

Dr. Rick Harrington has been a faculty member at the University of Houston, Victoria (UHV), since 1987. His specialty areas include health psychology/behavioral medicine and social psychology. He obtained his doctorate in social psychology and psychophysiology from the University of Texas at Arlington and completed a post-doctoral fellowship in behavioral medicine/social psychology at the University of Houston. Dr. Harrington is a licensed psychologist who received his licensing supervision at Houston's Methodist Hospital's Institute for Preventive Medicine. He practiced psychology in Houston at the Methodist Hospital, in private practice, and also worked as a Research Associate for the Baylor College of Medicine. Dr. Harrington has been teaching at the college level for over 25 years and is a past recipient of UHV's Teaching Excellence Award. He has also been honored by "Who's Who Among America's Teachers" (1996, 2007) as one of the "best teachers in America selected by the best students." Dr. Harrington initiated the UHV Psi Chi chapter and is a former president of the Victoria Area Psychological Association. His research endeavors have included work in biofeedback, smoking cessation, personality, and life satisfaction.

As a psychology major with extreme stress issues, this textbook for my final class for the degree was excellent. It's insightful, helpful, and best of all? Easy to read and understand. The book give practical suggestions on how to reduce stress and explains why stress is such a huge issue in terms of overall health; mental, physical, and emotional.

Used this book for a class that I took a couple of years ago. It was very informative, interesting, and overall an excellent read

I bought this book because it was required for my Psychology of Stress course and I found the material very easy to read and digest. Sometimes textbooks can be all over the place but this textbook had my reading it at easy and allowing the information sink in without much hassle. Really a stress free book!

Very well written text, really enjoying the class it goes with!

After reading stress;health and well being I learned how to deal with my stress and with people attitude who give me stress.This book was very informative and helpful. I gain a lot of knowledge from reading this book and I applied it on myself and on my children as well. I really recommended for everyone.

Downloaded this textbook for school and it was very glitchy, I was dissapointed

I only wish I could listen to it on the kindle I have. I cannot afford to update my kindle at this time and there are times my eyes hurt. Is there any way you can help me with this?

This book is perfect for taking Dr. Harrington's Stress and Wellness course(obviously, he is after all the author!). Very informative, and an easy read compared to most textbooks.

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